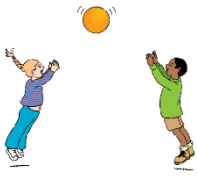


Steady: Catching from God



Do you love playing with a ball? Maybe you play a particular sport or maybe, like my family, you love throwing and catching a ball or a frisbee when you are on holiday together. To be honest, I'm pretty rubbish at it. I can see the ball coming and I cringe, will I catch it, or will I drop it?! I used to drop any ball that came near me, nearly every time. My

husband is super sporty and clever at catching a ball. I even think he could do it with his eyes shut! He has helped me to get braver and learn how to catch, even with one hand!! The practise has helped.

In the previous chapter of this book, we looked at chatting to God. We have been thinking about how God wants us to tell Him anything, any time. But did you know that God wants to chat to you too?! Isn't that awesome! The God who made the universe has things He wants us to know.



What is your favourite game? Who do you play it with? How many people can play the game?

Listening to God is a bit like catching a ball. When I played with my family it was a game of more than one person. They would throw the ball; I would do my best to catch it. Then I would throw it back, and they would catch it. We could go back and forth for ages in that game.



God has so much He would like us to know; about who He is, about who He says we are; about our todays and our tomorrows, about ourselves and others.



When we chat to God it's important that we stop and take time to listen to Him too.

When we listen to God it's like listening to our best friend, or our mum or Dad or a caring adult we know. God listens with ears of love and speaks His words of love back to us. But when God speaks it's not always with an "out loud" voice like our friends or family, it's more of an inside voice. Let's look at some ways we know when God is speaking to us.

1. With my skin

Maybe when God speaks to you, you will feel your skin go tingly. A bit like getting goosebumps! Our bodies can sense that God is talking to us. That's ok. Let God show you what He is saying. It's a bit



Copyright © Lisa Graves, Living Rock Church, 2021

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage or retrieval system without permission in writing from the author.

Steady: Catching from God

like when you get some great news, or you are waiting to hear something exciting. Ask God what He wants you to know.

2. With my mind

God can give you pictures in your mind or maybe a verse from the Bible. When you ask God to speak to you, He does. It could be a picture of a thing, a person, anything. Ask Him to tell you why He showed you that picture. Or you might get the words from a verse or even just the reference. Look it up in your Bible and check it's what the Bible says. Ask God why He gave you that verse. What does He want you to know today? Or is it for someone else?



3. In our dreams

I dream a lot! God has used my dreams to show me things or tell me a story. You can know God in your dreams too, and that's not just at night. God shows me something like a movie of things He wants me to know. My favourite dream with God is when me and Him dance together, just us! I know God loves dancing with me in my dream. God might use a dream to show you something.



4. With our Eyes and Ears



When I'm out walking, God often shows me something. I notice things in nature. One time I was watching a bird singing and hopping about. God reminded me of the verse about how He cares for us more than the sparrows and birds. It made me feel really loved. Ask God to use your eyes and ears to hear and see what He wants you to see. Then be ready at any time for Him to show you something.



5. With our Feelings and Emotions

God might speak to you through your feelings. You might get excited in your tummy when you listen to God, or feel happiness fill you up. He loves to fill us with joy (super happy on the inside because we know God loves us) and peace (not worried anymore, just calm, and still inside). God will only give us good feelings and He won't make you worried or scared. That is not God's way. He loves you.



Steady: Catching from God

6. With our heart

Sometimes when God speaks something comes to our mind. We just know something that we didn't know. We might suddenly know that God is with us or we might know it's all going to be ok.



Chat to your grown up and ask them how they know when God is speaking to them.

Grown-ups, share stories of different ways you have known God is speaking or if you haven't heard God's voice yourself yet, you could practise together using our tips at the end of this chapter. Let your children see you chatting to God this week and share with them how you knew it was God speaking to you.

When we hear something from God we might wonder if it was really Him or just our imagination. Well, there are some things we can do to check.

- **If you ask Jesus to speak to you then He will answer.** Sometimes He answers in a different way to what we are expecting or says a different answer to what we thought He'd say. But the Bible teaches us that if we ask, we will receive. That is true in prayer and chatting to God too.
- **Ask yourself: does it match with what I know God is like?** God also won't say something to you that makes you scared, lonely, or angry at someone. That's not in His nature. You can ask Him to take away those scared feelings and then chat to Him again and listen to what He says. God loves you and has good things for you.
- **Does it match with what God says in the Bible?** For example, God won't just give us loads of sweets if we ask Him because He cares for us and looks at our hearts. If it's to have lots to give away then he might answer that but if it's so you can eat them all and might be poorly then he probably wouldn't, because he wants you to look after your body and there are lots of verses about not being greedy!



Steady: Catching from God



We might think it's just our imagination especially if you get one word in your mind or a picture of something. In that case, just ask God to show you what it means. If you're still not sure, find a grown up you trust to chat to you. God speaks to us in lots of different ways and your grown up may have more to show you from the Bible that you don't know yet.

If it's something God want you to share with someone else, something He has given you to tell them, it will always be to encourage, to strengthen and comfort them. Only share messages that are kind and match up with what God is like and what He tells us in the Bible. The person you are sharing it with will decide how to respond to what you have share with them.

Just like learning an instrument or a new sport, it takes practise. The more you practise chatting to God, praying to Him about all the things you want to tell Him, the more you will know how He speaks to you.



Read **John 10:27**

What does this verse tell us about Jesus our Good Shepherd?

What does God want us to do when we hear His voice?





There are times when we might find it hard to listen to God or we feel we can't hear Him speak to us. If that happens, just try again later, and tell Him how you want to hear Him but remember all the different ways He speaks to us. It may be that He speaks to you in a different way to normal or in a different place.

There may be times when we've asked and asked, and we feel God is not answering or changing the situation we are praying about. That's ok too. The Bible teaches us not to give up.

Steady: Catching from God



Can you draw a line to join the question with the right verse God says to us?

<p><i>Shall I give up praying yet?</i></p> 	<p><i>“I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours.” Mark 11:24</i></p>
<p><i>I’m worried about something. How shall I pray?</i></p> 	<p><i>“Never stop praying” 1 Thessalonians 5:17</i></p>
<p><i>I am not sure what to say?</i></p> 	<p><i>“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.”</i></p> <p><i>Philippians 4::6</i></p>
<p><i>Can I pray for anything?</i></p> 	<p><i>“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will.”</i></p> <p><i>Romans 8:26-27</i></p>

Steady: Catching from God

Let's try it now!



Find a quiet space, just you and Jesus.

1. Tell Him that you want to chat to Him and to hear/catch from Him.
2. Tell Him anything you want to share about or ask Him.

Then wait a few seconds or minutes and let Him speak to you. You might just like to sit quietly and enjoy being with Jesus. Stay there as long as you like while God speaks to you and fills you with Himself.



If you like you could use these words to help you to chat and catch with God.

Thank you, God, that you have lots to tell me. Thank you that you are my Lord and my friend, and you want me to learn more about who you are and who you have made me to be. Please speak to me now and tell me how you see me, what you want me to know about you or your answer to my questions. Thank you that you say in the Bible that when we ask you will give. So, I ask you my questions and know you will answer them. I choose to listen to you everywhere I go. Help me to know your voice better and better. Amen.