



## Daily Practice (5 mins)

2mins

**SIT IN SILENCE,**  
STILLING THE  
NOISE IN YOUR  
HEAD  
(TAKE CAPTIVE YOUR THOUGHTS)

2mins

ASK GOD **"HOW  
DO YOU SEE ME?"**  
THEN LISTEN  
(HELPS TO ASK IT AGAIN AFTER  
A MINUTE)

1min

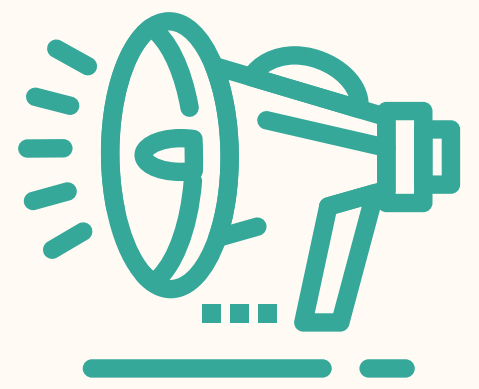
TAKE NOTE OR  
WRITE DOWN **ONE  
WORD OR PHRASE**  
THAT CAME TO  
MIND.  
(DWELL ON IT FOR A MINUTE)

Daily

**REPEAT** EACH DAY  
THIS WEEK.

Whom you might **hear**?

How to **differentiate** them?



**YOURSELF** - May sound logical or task-focused or might be a completely unrelated thought. It'll sound like the sort of things you often think.

**Enemy** - Always condemns. His purpose is to distract, deceive, divide or destroy. If you're hearing negative, destructive, vicious or accusing words, it's the enemy.

**Spirit** - When the Father speaks, it always lines up with His character and His actions (Scripture). His words are life-giving and Kingdom focused.