

FREE · TAP, TYPE, OR PRINT

SPEAK, LORD.
I AM LISTENING.

A 7 DAY LISTENING JOURNAL

Seven quiet days of learning to hear the voice of God.
Tap any box and type, right on your phone, or print it and write by hand.

> *"Speak, for your servant is listening."*
>
> 1 SAMUEL 3:10 NIV

The inked Heart

FREE TO DOWNLOAD, FILL OUT, PRINT, AND SHARE

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BEFORE YOU BEGIN

How This Journal Works

FILL IT OUT ON YOUR PHONE, OR PRINT IT

Tap any lined box and start typing. When you are done, use Save or Done so your words stay in the file. On a phone it works in the Files app or the free Adobe Acrobat app; on a computer it works right in your browser. And if you love paper, print it and write by hand. This journal is free, and you are welcome to share it with anyone who needs it.

EACH DAY TAKES ABOUT TEN MINUTES

Read the day's verse slowly, twice. Pray the short prayer. Then be still for two quiet minutes. No music, no scrolling, just you and Him. When the two minutes are up, write what came to you in the boxes.

THE VERSES ARE NOT SET IN STONE

Each day comes with a verse already on the page, but you are always free to choose your own instead. Open your Bible and see where your heart goes, read what you find there, and write it in the last box on the page. Some of the sweetest words come that way.

THERE IS NO WRONG WAY TO DO THIS

Some days you will sense a lot. Some days you will sense nothing at all. He is still there on both kinds of days. Hearing God is less like a lightning strike and more like learning the sound of a dear friend's footsteps. Keep showing up. That is the whole secret.

"Call to me and I will answer you."

JEREMIAH 33:3 NIV

DAY ONE

Get Quiet

"Be still, and know that I am God."

PSALM 46:10 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Father, the world is loud and my mind is louder. Right now I am turning the volume down. Teach me how to be quiet enough to notice You. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY TWO

Say You Are Listening

"Speak, for your servant is listening."

1 SAMUEL 3:10 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Lord, Samuel did not recognize Your voice at first either, and that gives me hope. Today I am saying what he said. Speak, Lord. I am listening. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY THREE

Learn the Sound of His Voice

"My sheep listen to my voice; I know them, and they follow me."

JOHN 10:27 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Jesus, a sheep knows its shepherd by staying close to him. I want to know Your voice like that. Keep me close to You today. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY FOUR

Check It Against His Word

"Your word is a lamp for my feet, a light on my path."

PSALM 119:105 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Father, You will never whisper something that disagrees with what You have written. When I think I hear You, help me hold it up to Your Word and see if it still shines. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY FIVE

Listen for the Whisper

"And after the fire came a gentle whisper."

1 KINGS 19:12 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Lord, I keep waiting for something loud, but You came to Elijah in a whisper. Make my heart quiet enough to catch the gentle things You say. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY SIX

Ask Him Plainly

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

JAMES 1:5 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Father, I do not have to earn Your answer. You said to ask, so I am asking. Give me wisdom for the thing that is on my mind right now. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY SEVEN

Walk in What You Heard

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it.""

ISAIAH 30:21 NIV

Or open your Bible today and see where your heart goes.

A SHORT PRAYER

Lord, hearing You was never the finish line. Today I will take one step in the direction You pointed. Walk with me as I go. Amen.

Now be still for two quiet minutes. Then write.

WHAT I THINK GOD IS SAYING TO ME

WHAT I WANT TO SAY BACK TO HIM

ONE SMALL STEP I WILL TAKE TODAY

THE VERSE MY HEART CHOSE TODAY

DAY EIGHT AND EVERY DAY AFTER

Keep Listening

You gave God seven days of real listening, and He will not waste a single one of them. Keep the habit. Keep the stillness. He has more to say to you than seven days could ever hold.

ONE THING HE SAID THIS WEEK THAT I NEVER WANT TO FORGET

PRAY WITH US EVERY DAY

There is a new prayer waiting for you at The Inked Heart every morning and every night. The prayers are free. They always will be.

youtube.com/@TheInkedHeartTV

If you want us to pray for you by name, leave a comment on any video and ask. We read every one, and we pray over every name.

And if this little journal helped you, the prayer that inspired it is waiting on the channel. It is called Was That God or Just Me?

THIS JOURNAL IS FREE. SHARE IT WITH ANYONE WHO NEEDS IT.

The Inked Heart

May you hear Him in the quiet, follow Him in the daylight, and rest in Him when the day is done. Amen.