

A GUIDE TO RECOGNIZING,
UNDERSTANDING, AND RESPONDING
TO GOD'S VOICE IN YOUR DAILY LIFE



HOW TO *Hear* GOD'S VOICE

LEARN TO DISCERN HIS WHISPERS,
TRUST HIS GUIDANCE,
AND WALK IN CONFIDENCE
WITH THE ONE WHO KNOWS YOU BEST.

GOD SPEAKS.
ARE YOU
LISTENING?



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HOW TO HEAR GOD'S VOICE

GOD IS NOT SILENT. HE NEVER HAS BEEN.

From the beginning, Scripture reveals a God who speaks. Who walks with His people, guides them, comforts them, warns them, and leads them with care. Hearing God's voice is not reserved for the especially spiritual or the exceptionally mature. It is part of relationship. This resource is not meant to turn listening into a formula. It is meant to help you remove what interferes, create space, and lean in with confidence and safety.

Section 1: Start Here — Simple and Safe Questions

If the idea of hearing God feels intimidating, start here. Ask questions you already know the answer to—questions that align clearly with Scripture. These are not trick questions. They are grounding questions. They help you learn the *tone* of God’s voice before you try to discern direction.

Try asking:

Jesus, do You love me?

Jesus, am I a mistake?

Do You want good things for me?

Are You ashamed of me?

Was I meant to be a woman?

Are You disappointed in me?

Do You delight in me?

Am I safe with You?

These yes-or-no questions are powerful because they are simple to hear. Pay attention to what you hear first. Often, the initial response comes quietly and quickly—within a second. If your mind starts racing, negotiating, or spiraling, pause. That is usually fear or self-protection, trying to regain control.

Section 2: Common Hindrances to Hearing God’s Voice

SIN— Scripture tells us that sin separates us from God. When

we are knowingly walking against God's ways, our hearts become less sensitive. God invites us back through repentance.

UNFORGIVENESS—When we hold bitterness or resentment toward others, it hardens our hearts. Unforgiveness clouds our ability to hear clearly because it keeps us internally guarded.

SHAME—Shame is one of the most powerful silencers. When we feel unworthy to look Jesus in the eyes, we stop listening altogether. Shame convinces us that distance is safer than intimacy—but God never asks us to hide from Him.

EMOTIONS—Emotions are not the enemy, but they are not reliable guides on their own. When emotions are running high (fear, desperation, longing, anxiety), they can drown out God's steady voice. God's voice carries peace, not pressure. Urgency and accusation are not His language.

Section 3: What to Do When You Can Not Hear Him

If God feels quiet, do not panic. Start with honesty.

BEGIN WITH REPENTANCE: Ask Jesus Is there anything I need to confess? Is there anything I have agreed with that is not true? Is there anything I am holding onto that is keeping me guarded?

ADDRESS SHAME DIRECTLY: Jesus, why do I feel ashamed right now? What lie am I believing about myself?

ASK HIM TO SPEAK: Jesus, I want to hear You. I am listening.

Section 4: Ways God Often Speaks

YES-AND-NO QUESTIONS—As mentioned earlier, this is one of the safest places to start. God is clear. His answers are not confusing. If you feel peace, clarity, and gentleness—pay attention.

JOURNALING— This is a practice I personally love. Each morning, I sit down and ask: “*Jesus, what do You want to say to me today?*” Then I write. I do not edit. I do not argue. I do not analyze. I just write. Often it begins with words I already know are true:

*Danielle, I love you.
You were not an accident.
You are safe with Me*

VISIONS AND PICTURES—Sometimes God communicates through a mental picture or a gentle vision when you quiet your mind. This does not have to be dramatic. Often it is simple—a scene, a symbol, a memory, or an image that carries meaning. You might see yourself as a child, a door opening, a hand reaching toward you, a light breaking through darkness. When this happens, do not force it or try to manufacture anything.

Ask, “Jesus, what are You showing me?”

If the picture brings peace, clarity, conviction, or alignment with Scripture, pay attention. God will never contradict His Word, and He will never use imagery to shame or accuse you.

If a picture feels confusing or unsettling, bring it back to Him and hold it lightly. The goal is understanding.

A STRONG INNER PROMPTING OR IMPLORING—At times, God speaks through a deep internal urging—a quiet but steady sense that something needs your attention. It may feel like conviction, compassion, caution, or a nudge toward obedience. This kind of prompting is not frantic or chaotic. It is firm but gentle. It does not manipulate or pressure; it invites. You may sense an internal “This matters” or “Pay attention here.” When that prompting aligns with Scripture and produces clarity rather than confusion, it is often the Holy Spirit guiding you.

Note: Inner prompting can be the most difficult to interpret. Our strong emotions, fears, wounds, or desires can sometimes sound just as convincing. Not every intense feeling is the voice of God. That is why discernment matters. If you are unsure, slow down. Bring it back to prayer. Invite accountability.

Section 5: Safeguards—Staying Grounded and Wise

SCRIPTURE IS THE MEASURING TAPE—God will never speak in contradiction to the Gospel or the character of Jesus. His voice will always align with Scripture. If something you think you hear violates God’s Word, you already have your answer.

INVITE WISE COMMUNITY—Sometimes we are too emotional or too invested to hear clearly. Invite a mature, grounded Christian into the process—someone with good fruit, humility, and wisdom. Ask them to pray with you. This is not

about being controlled by someone else, but allowing another set of ears and eyes to help you.

GOD WILL NOT LEAD YOU INTO SIN—God will never encourage you to cross moral boundaries, compromise integrity, or place yourself in situations where you are likely to fall. If you are discerning something significant—especially regarding relationships or life-altering decisions—pastoral guidance is wise and loving, not a lack of faith.

A Final Encouragement

Hearing God is not about perfection. It is about proximity. Truth is not just something we study—it is Someone we walk with.

God speaks to His children. He always has. And His voice—steady, gentle, anchored in truth—leads us into life, freedom, and peace. Lean in.

You are not alone.