Catholics)

Theme: Learning to Listen to God

Whole Community Catechesis Theme (August): Prayer & Relationship with God

Goal: To help those exploring Christianity understand how God might speak—and how to begin noticing His voice.

1 Opening Thought (each day)

If God exists—and if He cares—then it makes sense that He might want to speak to us.

But not all voices shout. Some speak in a whisper.

This week is about learning how to hear the quiet.

Day 1 - Prayer Is Also Listening

A moment from Scripture – 1 Samuel 3:10

"Speak, Lord. I'm listening."

What This Means:

You don't have to say a lot to pray. In fact, prayer isn't just about talking to God. It's also about listening—like sitting with someone who knows you deeply.

Think About:

When do you feel most listened to by another person?

What do you think God might say if you gave Him a quiet moment?

Try This:

Find 2 minutes of quiet. No phone, no music, no pressure.

Just say, "If You're speaking, God... I'm here."

Then be still.

Day 2 - God Doesn't Shout

1 Kings 19:11–12 (simplified)

"The Lord was not in the wind... nor the earthquake... nor the fire... but in a gentle whisper."

What This Means:

We often expect God to show up in dramatic ways. But in the Bible, God usually shows up **quietly**. He doesn't force Himself. He invites.

Think About:

Are there moments in your life that felt like "more than coincidence"?

What if God was speaking gently, and I just didn't notice?

Try This:

Today, pause before a decision or a conversation and ask:

"What would love look like here?"
That may be God's whisper.

Day 3 - What Might God Sound Like?

John 10:27

"My sheep hear My voice. I know them, and they follow Me."

What This Means:

If God is real—and personal—then it's possible to **recognise** His voice. Not in a booming sound, but in a **sense of truth**, peace, or love. Over time, you learn to tell His voice apart from all the others.

Think About:

When something pulls you toward peace, truth, or goodness—could that be God?

Have you ever "heard" something inside you that felt deeper than your own thoughts?

Try This:

Ask: "God, what do You want me to notice today?"

Pay attention to what stands out—people, thoughts, beauty, Scripture.

Day 4 - What If God Is Silent?

Psalm 13:1 (paraphrased)

"God, where are You? Why can't I hear You?"

What This Means:

Even in the Bible, people felt like God was silent sometimes.

That doesn't mean He's not real. It might mean He's asking us to **trust**, not just react. Silence can stretch us. But silence can also heal.

Think About:

Do I avoid silence in life? Why?

Am I willing to wait for God, even if I don't feel anything right away?

Try This:

Spend 2 minutes today just breathing and saying:

"Even if I can't hear You—I'm here." See if peace rises where pressure used to be.

Day 5 - How Do I Know If It's God?

From Jesus – Matthew 7:16

"You will know a tree by its fruit."

What This Means:

If something brings peace, truth, honesty, forgiveness, love—it's probably from God. If something brings fear, shame, confusion, or bitterness—it probably isn't.

You don't need to figure it all out today. But God's voice always brings *light*.

Think About:

What's one moment this week that left me more peaceful or more honest?

Could that have been a nudge from God?

Try This:

Finish this sentence:

"God, if that was You." thank You. Help me keep listening."

End of Week: Questions to Reflect or Discuss

Use these with a friend, group, or journal:

What kind of silence do I most often experience—empty or peaceful?

Did anything unexpected seem meaningful this week?

What helped me feel most open to the idea that God might be real—and interested in me?

Would I like to keep listening?

Real Talk: What If I'm Not Sure It's God?

That's okay. You're not expected to be sure yet. This isn't a test. It's a beginning. Keep showing up. Keep being honest. If God is real, He knows how to reach you.