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### How This Guide Works

You commit to being quiet & listening to God for 10 minutes a day for 14 days. They do not have to be consecutive days. Decide up front which 14 days works best for you (for example, every day for 2 weeks, Mondays and Thursdays for 7 weeks, etc.). Your decision up front keeps it from slipping through the cracks of our busy lives.

Remember to turn off your phone, and remove any other distractions.

Each day's content provides a prayer focus. Some days have supplemental material as well.

Most days have very little reading. But on those with more content, if you're pressed for time, you can break it up over a few days.

After you've read the prayer prompt, pray the prayer and set a timer for 10 minutes.

Then be quiet and just listen. Write down what you get. It doesn't matter if you think it's God or not. Just write down your thoughts. You will learn to discern what's God and what's not.

Keep this habit going.

Give yourself grace. Nothing bad happens if you miss a day, just pick it back up the next day. But I would ask that if you're going to do this, commit to it and protect that time, to the degree it depends on you.

I pray you will have some amazing time with the Lord and be transformed by what you hear.

Are you ready? Let's do this!



# Day 1 - Be Still

That's it. Psalm 46:10 says, "Be still and know that I am God." When the Lord was calling Samuel, the high priest Eli told him to say, "Speak Lord, for your servant is listening." (1 Samuel 3:9) That's all we're doing today.

Pray: Speak Lord, for your servant is listening. Say anything you want.							
Then be quiet and listen for 10 minutes. Write down what you get.							



## Day 2 - Hear Your Heart

Pray: Lord, what has my heart been trying to tell me?

Then be quiet and listen to your heart for 10 minutes. For me personally, it helps me focus to put my hand on my heart. Your heart might tell you about stuff before you had language. Often our heart speaks in pictures, emotions, memories, often with no words. Write down what you hear, see, or feel.

(Here's a post from our site if listening to your heart seems strange. You're not alone; this concept is new to a lot of people. This post explains it more fully. How to Talk to Your Heart)



# Day 3 - "Can't I Just Have this One Thing?"

Often we give everything to God but that one thing. We've done it so long it seems normal, and we often don't even realize we're holding out on him. So today's simple prayer is this:

Pray: Lord, what part of my heart or my life am I holding back from you?						
Then be quiet and listen for 10 minutes. Write down what you get.						



# Day 4 - Gratítude Is a Game-Changer

Think of the worst thing going on in your life right now. These "worst things" typically fall into two categories. Pick the one you're dealing with (usually one or the other, not both).

<b>1. A Difficult Situation.</b> This could be a difficult boss or co-worker, financial problems, car problems, washing machine died, etc. Thank God for this situation. I know this seems like the dumbest thing ever. But trust the process
Pray: Lord, thank you for
2. A Bad Thing. This is the serious stuff. A child or loved one died. You're suffering from depression and suicidal thoughts. Abuse. You or a loved one is battling cancer. Hospice has been called in. Trauma happened. You wouldn't thank God for this. But you can thank God for being with you in the middle of it. Know that he is with you, whether your feel it or not.
Pray: Lord, thank you for being with me in the middle of this disaster, , right now
I'm dying inside. Thank you that you're with me even when I don't feel you You are good and I trust you, even in the middle of this.
Then be quiet for 10 minutes. Listen to the Lord. Listen to your heart. What do you hear? What do you feel? Write it down.



(Day 4 continued)		



## Day 5 - Pray Blessing over Someone to Forgive

Doh! I know. This is a hard one. Forgiving someone doesn't mean letting them off the hook. It's not pretending they didn't do evil to you. It's coming to a place where they are not the evil they did to you. You've completed the forgiveness *process* (it's not an *event*) when you can honestly pray blessing over them without cringing. And, yes, you can (and you should!) set healthy boundaries with that person so they can't hurt you again. (Sometimes that means calling law enforcement.)

So think of someone who's wronged you. Think of something, large or small, that would be a blessing to them. If this is hard, it could be something as small as their car not breaking down. (If they did something horrible to you, rape, abuse, etc., maybe it's healing their pain and wounding that causes them to hurt people. Maybe it's God bringing justice so they can be confronted with their sin and the corresponding opportunity to repent.)

Pray: Lord, I pray that you would blessin this way	<pre><say name="" the=""> </say></pre> <pre><say the="" thing="">.</say></pre>
Take a deep breath, and be quiet for 10 minutes a your heart. What does the Lord say to you? What	



(Day 5 Continued)		



## Day 6 - Your Image of God

We often hold many false views of God. Here's a short list of 9. Do any of these resonate?

#### **An Irrelevant God:**

- 1. Myth—will you religious people get over it already?
- 2. Absent Creator—spun up the world like a top and now he's on holiday.
- 3. Kindly Grandfather—really nice but doesn't really get life today.

#### A Performance God:

- 4. Santa Claus—he brings me presents if I'm good.
- 5. Demanding Parent—I can never do enough to gain approval.
- 6. Zeus—just waiting for me to step out of line to zap me with a lightning bolt.
- 7. Commander-In-Chief—I salute and follow the rules with no emotional attachment.

#### **An Entitlement God:**

- 8. ATM—I go to him when I need something, and don't think about him otherwise.
- 9. Insurance salesman—got my fire insurance; I can live however I want now. Thank you very much, Jesus, see you in heaven.

These are all common, false views of God. But **Jesus died to be our Lover-King.** And that view of God has at its core something all the others lack---intimacy. **Intimacy = Into Me See.** It can be scary. But that's where God wants to be in your life. Intimate. All false views of God are designed to avoid that very thing---let me do something else to check my "God" box, anything but scary, vulnerable, threatening intimacy!

Pray: Lord, show me how I see you. Am I afraid of intimacy with you? Show me any barrier between me and intimacy with you.

Then be quiet and listen for 10 minutes. What do you hear? What do you feel? Write it down.



(Day 6 continued)	



### Day 7 - Personality Secret

Congratulations, you're half-way through! That's significant, you rock!

What is that part of your personality, the person God has made you to be, that you don't let show? That your wounding has forced underground?

Pray: Lord, show me that good part of myself that I keep hidden out of fear, maybe that I even forgot is there.

Write it down.	what d	io you	hear?	Wnat	do	you	teel
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### Day 8 - Secret Fear

What are you afraid of that you don't let anyone else see? Will you let Jesus into that place?

Pray: Lord, show me my fear. What am I afraid of? Also, ask your heart, Heart, what are you afraid of?

Be quiet and listen to the Holy Spirit and to your heart for 10 minutes. What do you get? What do you hear? What do you see? What do you feel? Write it down.



### Day 9 - Secret Passion

What makes your heart leap? What are you afraid to even tell people makes your heart leap? It doesn't have to be "spiritual" per se. God made all of life. Maybe it's gardening. Maybe dance. Maybe writing that book. Maybe archery. God put that passion there. It's wrapped up in your calling.

Ask the Holy Spirit, Lord, remind me of my passion. Help me hear my heart.

Then ask your heart (I like to put my hand over my heart when I do this---it helps me focus), *Heart, what makes you leap? What makes you excited at even the thought of doing?* 

Then be quiet and listen for 10 minutes. What do you hear? What do you remember? Have you been reminded of something you love that you'd forgotten? Write it down.




### Day 10 - Family Pain

God totally gets this. Song of Songs starts out with dysfunctional family pain:

Do not stare at me because I am dark, because I am darkened by the sun. My mother's sons were angry with me and made me take care of the vineyards; my own vineyard I have neglected. (Song of Songs 1:6)

"Being dark" meant sun tanned. Rather than a symbol of beauty like today, in that ancient culture it meant you were laboring outside all day---a symbol of lowly position in society. The point is she was **subjected to unhealthy demands from her own family, and the expense of her own needs.** Have you lived this? *Song of Songs* was written for you.

Jesus lived this too. His own family didn't understand him (John 7:5). At one point even his own mother came to take him home because **he was embarrassing the family** (Matthew 12:46-50). His hometown, basically everyone he grew up with, rejected him (Mark 6:1-6).

As the eldest son, after Joseph died (see Matthew 13:55-56), it would've been his responsibility to provide for the family. Instead, from their point-of-view, he goes galivanting around the country-side as an itinerant rabbi. **Do you suppose his younger brothers, who then had to pick up the slack, resented him?** 

Sorry for the longer prompt today, but I thought it was important to show you that **Jesus totally understands your family pain, through his own experience**, and he wants to heal it.

Pray: Lord, thank you for my family. Show me the good I received from my family, and show me the pain you want to heal. Lord, replace the lies I learned growing up and speak your truth to me.

Then be quiet and listen for 10 minutes. What came up? Write it down.



(Day 10 continue	d)		



### Day 11 - Church Hurt

Some of the most painful wounds we receive in life are from the people of God, where, of all the places on the Earth, it should have been safe. God totally gets this, and weeps.

The watchmen found me as they made their rounds in the city. They beat me, they bruised me; they took away my cloak, those watchmen of the walls! (Song of Songs 5:7)

The watchmen represent the church. She's out looking for her lover, Jesus. But those who are supposed to protect the citizens of the city instead beat her, bruise her, and strip her. Have you lived this? Jesus lived this too. He was condemned to death by the religious leadership. Jesus wants to heal your pain and place you safely in a healthy Christian community.

Pray: Lord, let's trade. I give you the hurt I've experienced from the church; nail it to your cross beside yours. Give me your healing.

Then be quiet and listen for 10 minutes. What happened? Write it down.



(Day 11 continued)						



### Day 12 - Convenience

There's nothing wrong with convenience per se. I love my iPhone as much as the next person. But sometimes our **first-world conveniences can creep into a place they don't belong**: Barriers to intimacy with our Lover-King. Reasons to ignore his prompting to serve others when it's inconvenient.

And there's the other side of the coin: This isn't an excuse to get all <u>performance-oriented</u>. Keep setting those healthy boundaries like we've been talking about on the blog (especially <u>here</u> and <u>here</u>, if you want a review). For me, a recovering compliant, serving others is actually often a convenient excuse to avoid the scary work of pursuing my calling.

Pray: Lord, show me any first-world conveniences that I've let interfere between you and me. And while you're at it, show me any convenient excuses, even "godly" ones, I use to procrastinate or avoid pursuing my calling, that passion you've put in me.

Be quiet and listen for 10 minutes. What popped up in your heart?



(Day 12 continued)	



## Day 13 - Turning Negatives into Positives

Today we're learning a simple life hack for discovering what God wants to do in your life right now.

On a sticky note, or a scrap of paper you can throw away—NOT in this guide—write down your biggest problem right now. It could be a circumstance in life you're facing or something internal you've been struggling with. Whatever just popped up first when you read that last sentence.

Ok, now ask the Holy Spirit, Lord, show me what's the opposite of \_\_\_\_\_\_ < that thing you just wrote down, say it out loud>.

Then be quiet and listen for 10 minutes. HINT: The opposite will be something good, something positive. Write down (in this guide) what you got. That's what God is wanting to work in your life during this season.

Now crumble up and throw away that first piece of paper. Burn it if you want. Practice focusing on the positive thing you just got. Write it on your hand if you have to. When you're tempted to focus on that negative thing, intentionally choose to focus instead on the positive thing instead.

(Credit	where	credit	is due-	−I lea	arned	this	trick	from	Graham	Cooke,
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(Day 13 continued)		



### Day 14 - The Next Season

You made it! Good job!

We've **covered a lot of ground and asked a lot of tough questions** over these 14 days. We've gone to **some scary places** that not everyone would dare to go. **But you went there!** That was **brave** and **courageous**. Big kudos! Look at all the places you went:

Day 1: Be still and just listen.

Day 2: Hearing your heart.

Day 3: "Can't I just have this one thing?"

Day 4: Gratitude.

Day 5: Praying blessing over someone to forgive.

Day 6: Your image of God.

Day 7: Personality secret.

Day 8: Secret fear.

Day 9: Secret passion.

Day 10: Family pain.

Day 11: Church hurt.

Day 12: Convenience inhibiting relationship with God.

Day 13: Replacing existing negatives with the positives God has.

We may have pulled off some scabs or re-opened some wounds that need to be addressed more fully. Some of the places we went can't be resolved in 10 minutes of silence. And that brings us to this final day.

For which of these does God want to bring greater healing and freedom into your life? I encourage you to listen for where the Lord wants to go deeper with you in this next season.

So let's finish on this last day with where we began on Day 1:

Pray: Speak Lord, for your servant is listening. Where do you want to take me deeper into healing and freedom over the next season?

Then be quiet and listen for 10 minutes. Write down what you hear and feel.



(Day 14 continued)		
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Just for kicks, go back to Day 1 and re-read what you wrote there. Is there a difference? What transformation have you experienced during these 14 days?

And most of all, THANK YOU and BIG KUDOS for completing this starter guide! This was a lot of work and I pray it was an amazing experience for you. **Do something to celebrate and be good to yourself.** 



### Do You Want to Go Deeper?

My wife Janet & I want to help you uncover the call of God on your life, without wasting decades in burned out frustration doing the wrong things. We call it your Guiding Vision.

Going through this starter guide, you've learned that (1) God wants to talk to you, and (2) you can hear him.

What if God wants to talk to you about ...

The passion he put in your heart?
Restoring his call on your life?
Partnering with you for your next season?

What if you don't have to feel unworthy, disqualified, or defeated? What if partnering with God feels confident, excited, and hopeful? What if the Holy Spirit has a Guiding Vision for your unique life?

We have a step-by-step process for identifying & stepping into your personal Guiding Vision with the Holy Spirit. Check it out here:

IdentityInWholeness.com/GuidingVision

