



Catherina Fourie

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Be quiet and listen

A creative journey to hear God speak

Introduction

Dear Journaler

May this book inspire you to be still and hear God speak.

Many times in my life I would ask God to speak to me and hear the words “Be still and know that I am God.” In the quietness He reveals Himself to me. Sometimes I see, other times I hear, but it is in these intentional quiet moments that His peace surrounds me.

It doesn’t matter if you’re an accomplished artist or just starting to play an instrument, through the Holy Spirit you will be empowered to bring to life any image, sound or even write down what God is revealing to you.

This journal is intended to inspire you to draw closer to God and hear from Him in all areas of your life. Each topic is intended to lead you on a journey as you come to know your Creator.

With love

Catherina

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“ For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” John 3:16 NLT

1. LOVE

1. *God's love for the world*

Reflect:

God loves you! He knows you because He made you. He loved you so much that He gave His only Son as a sacrifice for your life so you can have eternal life.

Isn't this just awesome to think that God loves you so much!

1. Meditate on this verse (read it out loud)
2. Thank God for loving you first and for sacrificing his Son so you can have eternal life
3. Give glory to God for his goodness and unfailing love
4. Prayerfully ask God to give you a revelation about his love for you that is new and fresh.

Create:

In the space below, write down any words that come up in your mind.

Write down these scripture that confirms the truths that you are hearing.

1 John 4:16

1 John 4:19



Ask God to give you a vision of what his love looks like. On the next blank page, paint, draw or describe the image.

Isn't it wonderful to know God meets us where we are in life and assures us of his unfailing love.



“Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.” This is the first and greatest commandment. A second is equally important: ‘Love your neighbour as yourself.’” Matthew 22:37-39 NLT

2. We must love God and love others

Reflect:

God is the creator of the universe. Through his word he created everything we see and even things we do not see. He wants a relationship with us - his created beings. We show God our love by being obedient. After loving God with our whole being, He wants us to love others as much as we love ourselves.

1. Meditate on the verses above (read them out loud)
2. Thank God for loving you first
3. Acknowledge God as the one true God and give him praise
4. Prayerfully ask God for a fresh revelation about how you can show him your love and what it looks like to love others

Create:

In the space below write down any words that come up in your mind.

Write down the following scripture to confirm the truths you are hearing.

1 John 4:12

1 Peter 4:8

John 15:12

Ask God to give you a song in your heart that gives him glory as your saviour and God. On the next page, write down the words of the song.

If you play an instrument, ask the Holy Spirit to give you a melody and start to play it. Sing the song, God is waiting to hear you!



"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."
1 Corinthians 13:4-5 NIV

3. Love is from God

Reflect:

Love is from God. Once we have received the Holy Spirit, it produces fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Yet Paul declares love to be one of the greatest.

1. Meditate on the verses above (read them out loud)
2. Thank God for enabling you to love
3. Praise God for giving us the Holy Spirit to guide us in love
4. Prayerfully ask God for a fresh revelation about His love

Create:

In the space below write down any words that come up in your mind.

Write down the following scripture to confirm the truths you are hearing.

Galatians 5:22 - 23

1 John 4:8

Ask God to give you a vision of what love inspired by Him looks like. Draw or describe the image you receive on the next page.

Conclusion:

1. **God loved the world so much that Jesus sacrificed his life for us**
2. **God wants us to love Him above all else, and others as we love ourselves**
3. **Through the power of the Holy Spirit we are capable to love others and God sincerely**

