



A SIMPLE MODEL FOR LISTENING PRAYER

From Everfree Ministries

Welcome

If you've ever sat down to pray and wondered, "Was that God... or was that just me?" — you're in good company. That single question is the most common one we hear in our prayer ministry, and it's the very question that keeps many believers from stepping into the deeper conversation the Father is inviting them into.

This short guide is here to help. It's a simple, practical model — Ask, Trust, Test — designed to grow your confidence in hearing the voice of God. It's not a formula. It's a posture. And like any relationship with the Father, it deepens with practice.

We're glad you're here.

YOU ARE NOT ALONE IN THE QUESTION

One of the biggest struggles believers face in listening prayer is trust. The most common question we hear is:

"How do I know if this is me, the Father, or the enemy?"

This question is normal. You are not alone in asking it. Discerning God's voice is something we grow into — much like a child learning to recognize their parent's voice in a crowded room. At first, it takes effort. Over time, it becomes second nature.

Jesus said:

"My sheep hear my voice, and I know them, and they follow me." — John 10:27

Notice He didn't say His sheep might hear His voice, or should try really hard to hear it. He said they **do** hear it. If you belong to Him, you already have the capacity to hear Him.

So how do we grow in confidence in hearing Him? We practice. And to do that, we use the **Ask, Trust, Test** model for listening prayer.

STEP 1: ASK

Before anything else, we begin by asking the Holy Spirit to lead us. We humble ourselves, quiet our minds, and position our hearts to hear. This is a moment of surrender — letting go of our own assumptions, fears, and agendas.

“Call to me and I will answer you and will tell you great and hidden things that you have not known.” — Jeremiah 33:3

Take a moment to ask:

Holy Spirit, what do You want to say to me today?

- Jesus, how are You leading me right now?
- Father, is there something You want me to know?
- Then... wait. Don't rush past the silence. Let your heart settle. God is eager to speak. He has been speaking all along.

Are you ready to listen?

STEP 2: TRUST

After we ask, we must trust that God is responding. This is where faith comes in. If we believe that God loves us and wants to communicate with us, we must be willing to trust that what we receive is from Him.

“But when he, the Spirit of truth, comes, he will guide you into all the truth.” — John 16:13

This is the hardest step for most people, because doubt creeps in quickly:

What if I'm just making this up? What if I get it wrong? What if it's just my own thoughts?

Remember: the enemy's greatest tactic is to make you doubt the voice of God. If he can keep you second-guessing every impression, he can keep you silent and stuck.

But God is a good Father. He is not playing games with you. He is not hiding behind a curtain hoping you'll fail. He delights in speaking to His children. Instead of doubting, take a step of faith and trust that He is speaking.

You don't have to be 100% certain to take the next step. You just have to be willing.

STEP 3: TEST

This is where discernment comes in. Scripture commands us to test everything (1 Thessalonians 5:21). Just because we hear something in prayer doesn't mean we should immediately act on it. We test what we sense by measuring it against the unchanging truth of God's Word and the revealed character of Jesus.

9 Testing Questions to Help You Discern

- Is what I'm sensing loving? (1 Corinthians 13:4-7)
- Is what I'm sensing affirmed in Scripture? (2 Timothy 3:16)
- Is what I'm sensing true of the character of Jesus? (John 14:9)
- Is what I'm sensing in accordance with the nature of God? (Exodus 34:6-7)
- Is what I'm sensing drawing me closer to Jesus? (James 4:8)
- Is what I'm sensing allowing me to embrace the presence of God? (Psalm 16:11)
- Is what I'm sensing bringing me toward healing and wholeness? (Isaiah 61:1-3)
- Is what I'm sensing bringing truth to my mind? (John 8:32)
- Is what I'm sensing filled with mercy and grace? (Hebrews 4:16)

If what you are hearing aligns with God's Word and character — trust it and obey. If it does not — discard it.

The enemy speaks in deception, confusion, and condemnation. God speaks in love, truth, and clarity.

JESUS SPEAKS TO HIS SHEEP

Jesus makes it clear:

“I am the good shepherd. I know my own and my own know me... and they will listen to my voice.” — John 10:14-16

He knows you. He speaks to you. You are His sheep.

Are you listening?

GOING DEEPER IN PRAYER MINISTRY

As you grow in this practice, God may begin to call you to lead others in listening prayer. Remember this:

You can't take someone where you haven't been yourself.

The more you practice asking, trusting, and testing, the more confident you will become. And that confidence will naturally flow into how you minister to others.

A BLESSING OVER YOU

We bless you to hear and obey the Father in all you do. We bless you to love others well in prayer. We bless you to trust that your Shepherd is speaking — and that you are learning to recognize His voice.

Now go! **Ask Trust Test**

