

# Hearing God's Voice in a Distracted World

*Distraction Detox + Prayer Journal Page*  
*Created by Faithful & Well*

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## ■ Step 1: Noise Audit

*"What are the voices competing with God's?"*

- Digital Noise (social media, streaming, podcasts, email, etc.) — list and evaluate.
- Emotional/Internal Noise (anxiety, self-talk, people-pleasing, overthinking).

## ■ Step 2: Listening Prayer

*"Speak, Lord, for Your servant is listening." —1 Samuel 3:10*

1. Prepare Your Heart:

- Find a quiet space and remove distractions.
- Pray: "Lord, I want to hear Your voice. Quiet my heart and help me listen."

2. Ask: "Lord, what do You want to say to me today?"

3. Be Still: Sit in silence for 5–10 minutes.

4. Record What You Sense: (thoughts, images, verses, impressions)

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5. Scripture Confirmation — compare with the Word.

## ■ Weekly Action Step

What is one practical step I can take to reduce distraction and stay attentive to God's voice this week?

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*"My sheep listen to my voice; I know them, and they follow me." —John 10:27 (NIV)*