## UP: Listening Prayer \*Adapted from KC Underground, https://www.kcunderground.org/resources-content/quided-listening-prayer

## **Meeting Jesus**

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. - John 15:4

Write out anything that will remind you of what was said or done.

**Space** - Go to a space in your mind to meet with Jesus that is peaceful and safe. Picture it in your mind. What does it feel like? Is there any smell or feeling to it? Enjoy this space with gratitude.

**See** - See Jesus come with you into this place and enjoy His presence. Does He say or do something as He comes to you? Receive whatever happens and welcome Him.

**Share** - Ask Jesus to share what it is that you need to hear the most today. Ask, "What do You think of me, Lord?" Ask for a truth that you need to be reminded or told. Try not to question or filter the response, just receive it.

**Search** - Ask Jesus to search your heart and ask if there is any area of change or forgiveness you need to seek. Is there someone you need to connect with or forgive? Ask to be shown their name or face.

Finish by bringing a question or concern you have to Jesus. Ask for wisdom in this area (some of the greatest breakthrough happens when we ask God specific questions).