



CHANGE YOUR CHANNEL
LISTENING PRAYER EXERCISE
JUDGES 6:11-18

Choose one of the questions below or take time over this next week to ask God each one of them if you like.

- Find a journal, notebook, or paper and a pen.
- Set aside 15-30 minutes.
- Begin by thanking God for all He has done in your life.
- Express your desire to move forward and grow in Him.

Ask on paper, one of the following questions, beginning a dialogue with God:

1. What lie have I been believing?
2. Where have I been playing the victim?
3. Where am I choosing stay that isn't in alignment with God's ways?

Record your dialogue in conversation format.

Your Question:

God's Response:

Your response and maybe another question:

God's response:

Ask God about a course of action if applicable:

God's response:

Keep going until you feel the conversation is completed.