



The Five P.E.T.A.L.'s of Hearing God's Word for Me

Did you know that God wants to have personal conversations with you? But when we're unsure if it's him speaking, it's easy to become discouraged. An elderly mentor shared 'God's phone number' with me years ago, and I'm sure she'd want you to have it, too. It is Jeremiah 33:3,

"Call to me, and I will answer you, and tell you great and unsearchable things you do not know."

This is God's personal invitation to call on him, and doing so is a conscious choice we make. Just as we listen to our need for water, we need to recognize our need for Him. Without reading our Bible or praying, we run spiritually dry, and dry bones leave us weak and unable to thrive in our walk as Christians.

Learn to listen for God's voice with my 5-step plan to help lead your conversation.

- **STEP ONE:** Make a Plan- Put it on your calendar, choose a welcoming, comfortable location, and gather materials ahead of time. You'll need a Bible, paper, and a pen. You can also include 3x5 cards, colorful pens, and a devotional or Bible study guide.

For busy Moms with little ones, planning a specific time can be an exercise in frustration. My Plan B was to leave my Bible open on the kitchen counter with 3x5 cards and a pen available for note-taking.

Begin with prayer. Ask God to open your heart and mind and allow the Holy Spirit to teach you.

STEP TWO: Tell God in writing what is happening in your life today.

- Are you worried or upset?
- Do you have a big decision ahead of you?
- Are you happy? Why or why not?
- Are you concerned about a loved one, work, or health?

Don't feel pressured to write a lot; longer is not better, it's just longer. You decide how much or little to write, each day may be different. The importance of this step is to bring it to your awareness so you can apply what God is teaching you.

STEP THREE: Write the verses or phrases that stand out to you.

The material you choose depends on what resonates with you, but it should be biblical. Perhaps you're reading a Psalm a day, a book of the Bible, or following a Bible study or devotional. Either way, as you read, there is sure to be a phrase, verse, thought, or word that resonates with you. Write what inspires you in this section.

STEP FOUR: What are these verses teaching you?

The five areas below form the acronym "P. E. T. A. L." and act as a roadmap for your time with God. As you read, underline and write a "P" when you find a timeless Principle or a big idea that stands out. Next, look for an Example to follow and write an "E" there. Then, a "T" next to a Truth to remember. Write an "A" or "?" to ask when something is difficult to understand, then follow up with a mature Christian, Bible dictionary, or reputable online tool such as BlueletterBible.org or GotQuestions.org. The last letter, "L," is where you'll write out the Lesson God is teaching you today. Looking back over your notes, how has God personally spoken to you? Are there insights or a new perspective you can apply to your notes from Step Two? Write it here. You can also write it as a prayer.

STEP FIVE: Pray

Pray over what God has taught you and record it on a 3x5 card to refer to throughout the day or week. Close your time by asking God to help you apply and live out what you've learned.

Below is a worksheet to get you started.

Talking with God isn't complicated, but we make it that way sometimes. *Relax*. Don't judge yourself as you write. He longs to hear your heart and rejoices over you as your loving Father.

I'm already praying for you

~ *Kim*

P. E. T. A. L. Worksheet

What is happening in my life today?

Today's Verse(s):

What I'm learning in my devotion today:

A Principle I can lean on:

An Example I can follow:

A Truth to remember:

Ask Questions I have:

A Lesson I've learned today:

My Prayer: