

# FREQUENCY - Week 1

## Life Group Notes



### CONNECT QUESTIONS

Who is your favourite world leader and why?

How many different languages are spoken by the members of your group?

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**John 10:3-4 - The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.**

Ps Marissa started the message with a story about her son Ethan, and a serious accident he had while at a trampoline park – while he was lying there surrounded by staff and medical people, a friend said to Marissa to talk to him – that Ethan needed to hear her voice. Although there were lots of other voices, and lots happening, the important voice that Ethan needed to hear was that of his mothers. In the same way, whatever is going on in our lives, we need to hear the voice of God – He is speaking to us and wants to share things with you!

How have you experienced God speaking to you?

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Jesus, when talking about prayer, gave the disciples a parable that gives us great insight into how we can tune in to hearing God's voice. Check out the parable in **Luke 8:5-8**. What stands out to you from this story?

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This parable talks about the state of our hearts – and its our hearts that are the filter through which we can hear God's voice. **Luke 8:12** gives us a picture of the first challenge we face when wanting to hear God's voice – a polluted heart. We have an enemy that doesn't want us to hear from God and so will try to fill our hearts with stuff that takes our focus and attention away from God. It may be our choices, or the choices of others. To cleanse our hearts, we need to walk in repentance and forgiveness. Is there anything that might be polluting your heart today? Is there anyone that you are struggling to forgive – if you are comfortable, share with one another and pray for one another for freedom in this area. (Perhaps you may even need to forgive yourself).

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Check out **Luke 8:13**. The second thing that will stop us from hearing God's voice is a distracted heart. Oftentimes we can be too busy, and busyness can distract us from hearing from God. Serving God is great – but don't let your service become a distraction – we do things WITH God for FOR God! We need to be vigilant in setting time aside free from distraction to hear from God. How would you describe your average week – do you have space where you can meet with God? What changes might you need to make to minimise distractions?

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Check out **Luke 8:14**. The third thing that restricts our ability to hear God's voice is an immature heart. The way we speak to a baby is far different to the way we speak to an adult. We don't want to remain infants in our relationship with God – we need to grow and develop healthy habits that will allow us to connect with God and hear his voice. How consistent are you in your devotional life? What's potentially holding you back from gaining maturity?

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Finally, check out **Luke 8:15**. The good soil speaks of a prepared heart – a heart that comes from a devoted lifestyle of commitment. To have a prepared heart, we need to repent, refocus and pray for revival (in our own lives, in our life-group, in our church, in our city and in our nation). Jesus shared his stories (parables) with the masses, but his secrets with his friends – God wants to share his secrets with you! How prepared is your heart?

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When did you last hear God's voice? What has he been saying to you?

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## **PRAYER**

Pray and ask God to help you to have an unpolluted, undistracted, mature and prepared heart

Pray for one another for any areas where you may be struggling to hear God's voice

Take some time to pray prophetically for each other – and ask God to speak to you with a word for each member of your group.