



10 DAYS OF PAUSE

Pause simply means to listen. Take the next ten days and meditate on the following scriptures. When we listen, God will share His thoughts with us. Let's be in step with the Holy Spirit by listening to His voice.

METHODS TO GO DEEPER:

- Use the Bible App and let it read to you.
- Read scripture very slowly.
- Read small portions of scripture over and over again.
- Read short books of the Bible repeatedly.
- Journal everything you hear.

DAY 1: BE STILL – Do nothing but listen.

Psalms 46:10

¹⁰ He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." (NIV)

DAY 2: SEEK– Seek God with your mind and heart – as you are silent, find His voice.

Jeremiah 29:13

¹³ You will seek me and find me when you seek me with all your heart. (NIV)

DAY 3: MEDITATE – Read a small portion of scripture over and over again. Let it soak in.

Psalms 145:4–5

⁴ One generation commends your works to another; they tell of your mighty acts. ⁵ They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works. (NIV)

DAY 4: IN GOD'S PRESENCE – What is it like to be in God's presence. What do you see?

Isaiah 6:1–3

In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. ² Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. ³ And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." (NIV)

DAY 5: GOD'S WORD – What do you hear as you listen to God's Word?

2 Timothy 3:16–17

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work. (NIV)

DAY 6: SOLITUDE – Find a place to be alone. What does this experience do to help you listen to God?

Mark 1:35

³⁵Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. (NIV)

DAY 7: DREAMS – Sometimes God speak to us while we are sleeping. What are you dreaming about?

Genesis 28:16-17

¹⁶When Jacob awoke from his sleep, he thought, "Surely the LORD is in this place, and I was not aware of it." ¹⁷He was afraid and said, "How awesome is this place! This is none other than the house of God; this is the gate of heaven." (NIV)

DAY 8: GOD'S CALLING – Listen to hear God's voice calling you to a purpose.

Isaiah 6:8

⁸Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!" (NIV)

DAY 9: HOLY SPIRIT GUIDANCE – The Holy Spirit is our guide. How is he guiding you?

John 16:12-14

¹²"I have much more to say to you, more than you can now bear. ¹³But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴He will glorify me because it is from me that he will receive what he will make known to you. (NIV)

DAY 10: SACRIFICE – Jesus told His disciples to deny themselves. What is Jesus saying to you?

Matthew 16:24-26

²⁴Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ²⁵For whoever wants to save their life will lose it, but whoever loses their life for me will find it. ²⁶What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? (NIV)