**HOW DO WE KNOW WHEN AND IF WE ARE HEARING FROM GOD?**

**VIRTUAL COMMUNITY FOLLOW-UP PROGRAM**

**Topic:** **Hearing from God**

1. Consolation versus Desolation: As we experience different things or imagine different possibilities, our hearts are moved to generosity or peace or deeper love of God. Or we begin to feel drawn away from God by an experience or an imagined possibility.

***Can I recall any instances when either consolation or desolation occurred to me?***

1. Sometimes God speaks to us through other people or from circumstances that make clear a choice.

***When did either of these happen to me?***

1. In prayer: *An interior voice that says something about God's relationship with us or that tells us to do something ("entrust this situation to the Lord"  or "stay and pray")* - If, upon hearing this voice, we feel a movement of assent because it matches what we know of God or what we have experienced before about God, and it leads us to love God or neighbor more, we are experiencing consolation and should suspect that this is a message from God.

*An interior insight into truths about our relationship with God based on things we are reading or thinking about (I really am created to love God or Jesus does love me) -*Again, if we feel assent to this interior movement and it moves us to love or serve God or others more, then it is likely a consolation and the voice of God.

*A desire that moves us to love God or to adopt a certain change in our life or confirms us in choices we have made or leads us to repentance, all of these based on loving God or others more but does not come with any interior voice - W*e are probably dealing with consolation here and the person can interpret these as the voice of God calling them in a certain direction

*An internal sense of knowing more about who Jesus is after working with a Scripture passage from the Gospels:* Because it is related to the Scriptures, this is probably a consolation to and an answer to the prayer of knowing Christ more.

*Insights and reflections as we pray or think about the life of Christ, our relationship with Christ or other things related to our faith that bring us peace:*These are probably consolations and thus the action of God leading us to follow and love God and others more.

*A sense of union with God and all people.*