



## God Hears Her Podcast Transcript

### How We Hear God

*Season One | Episode Six*

**Elisa:** So the title of this podcast that we do together is called

**Eryn:** God Hears Her.

**Elisa:** Yeah. Yeah and it's kind of...it's always thrown me.

**Eryn:** Hmm.

**Elisa:** I...I got to be honest, it has thrown me. I'm like God Hears Her? Wait, how do we hear God?

**Eryn:** Yeah. Yeah.

**Elisa:** That's...I mean, I...I am blow away that He hears me.

**Eryn:** Yeah.

**Elisa:** But I think one of the questions that rumbles around right at the top of my life is "How do I hear God?"

**Eryn:** And we want...we want to hear Him. I think sometimes you want to hear Him more than knowing that He hears us.



**Elisa:** Yeah. But it's like me me me me me. Like my Furby does. You know, [Laughing] he does that little me me me, thing. You know, actually it's a girl. But...

**Eryn:** Wait hold on. You have a Furby?

**Elisa:** Yeah, I have a Furby.

**Eryn:** Do you really?

**Elisa:** I do my grandson made me get one.

**Eryn:** What kind is it?

**Elisa:** He doesn't like it when I talk about it because then everybody knows that my almost 16-year-old grandson has a...

**Elisa/Eryn:** has a Furby.

**Elisa:** But I'm pretty sure nobody he knows listens to this. So I...

**Eryn:** What color is it?

**Elisa:** Purple. [Laughing] And it has a little aqua hair, you know.

**Eryn:** Stop. Do they still sell those?

**Elisa:** I had to look online for it. Okay, we are digressing.



**Eryn:** Sorry, I know.

**Elisa:** I know. [Laughing] Anyway, but here's the thing. How did we get on Furbys?

**Eryn:** Me me me me.

**Elisa:** Oh thank you, me me me. So when we...when we come into a place and consider that God hears us, it is all me me me me me. You know, He loves me. He sees me.

**Eryn:** Yeah.

**Elisa:** He hears me. We say that every time we record something together and it's powerful and amazing!

**Eryn:** Yeah.

**Elisa:** But I got to sit here for just a second and say, "That's powerful, but my felt need is also to know how to hear God."

**Eryn:** Hmm.

**Elisa:** How to hear God in my every day. How to hear Him in my life.

**Eryn:** Yeah.

**Elisa:** I'm blown away that He hears me, but I want to know how do I have access to His...His Words, His direction,...



**Eryn:** His voice.

**Elisa:** ...His yeah.

**Eryn:** His Guidance.

**Elisa:** All of that. So I'm just gonna put you on the spot for a section. You know, when do you feel like you have heard from God?

**Eryn:** Mmm. Honestly in my darkest time.

**Elisa:** Okay.

**Eryn:** I think that was when I was the most vulnerable to want to hear Him. 'Cause I think...I mean, I...If I look back on my relationship, I can see Him speaking to me during light times...

**Elisa:** Mmm.

**Eryn:** During just like easy times of my life.

**Elisa:** Okay, what was that like?

**Eryn:** Um it was just guiding me in directions for my job, guiding me in directions oh you know with family stuff...

**Elisa:** Mm hmm.

**Eryn:** ...guiding me in directions for, yeah, honestly career choices I think.



**Elisa:** But what does that look like? Guiding me? Is it...

**Eryn:** Bringing...bringing...He...He's brought people in my life that have spoken over me and like there's something in my gut that I just knew it's divine.

**Elisa:** Can you give me an example?

**Eryn:** Hmm.

**Elisa:** I'll give you a couple.

**Eryn:** Yeah, give me...give me...yeah let me think about that.

**Elisa:** And maybe this will tee you up. I think to myself of a season in my life when I was a young mom and my phone rang, and I...I wasn't working. I was staying home with my kids. They were three and five. And my phone rang and on the other end was a board member from an organization called MOPS International—Mothers of Preschoolers—and they were looking for their first president. It was a grassroots movement, but they were looking to formalize it and to hire a staff, and so they were looking for somebody to apply to be the president, and they had, you know reached out to a lot of places and they wanted to see if I wanted to apply. And I thought (makes noise), you know, me?

**Eryn:** Yeah.

**Elisa:** And my story is a mess, and I'll tell it to you sometime, but my...my reality is that I had never been pregnant. My reality is that I didn't think I was that great of a mom. My kids came to



me through adoption. But I...because they called in a given moment when I was actually praying to receive guidance...

**Eryn:** Hmm.

**Elisa:** ...back to your statement, I said I would pray about it. And so I doubled up my therapy sessions, truly, and I was reading in Scripture right where I had been and I came to John 15:16 which says, "I've chosen you to bear fruit..."

**Eryn:** Hmm.

**Elisa:** ...fruit that will last." And I thought, that...wow! That is...I could do that through MOPS, you know.

**Eryn:** Yeah.

**Elisa:** God might want to use me, and there were several other situations. He...He sent me to the grocery store. I mean, I went to the grocery store. I went to the grocery store and there I saw all these other moms and I...I felt all this pressure to be perfect as a mom, and I just felt inside me I felt...maybe it was God saying, "Elisa, nobody knows how they're doing this. Maybe just bring forward the vulnerability of not knowing." So...so that was...and I ended up applying and I ended up being selected, and in my wildest dreams, would never had imagined myself leading...

**Eryn:** Yeah.

**Elisa:** ...a mothering organization. And again, if you want to know my story, we've talked about it in another...in another program, but the reality is when I look at that orchestration of the phone



call and my need before it, of where I was reading in Scripture, and of going to the grocery store and seeing all of the other moms around me, and of also being in counseling. [Laughing]

**Eryn:** Yeah. Yeah.

**Elisa:** It was like a perfect storm where I do believe God spoke to me.

**Eryn:** Yes, that's so good. That's so good. I can relate to that with my career. Like with anytime that I've wanted to throw in the towel in something that I believe that I actually be obedient to, that I need...that I know that God is calling me to...

**Elisa:** Mm hmm.

**Eryn:** And yet, I'll start to believe lies. Or I'll start to a...allow out...external voices to start to control me that are negative.

**Elisa:** Yep.

**Eryn:** That are...are fear-based.

**Elisa:** Okay.

**Eryn:** Ah, He always brings the right people into my life...

**Elisa:** Okay.

**Eryn:** ...that will put me back on the path to what He wants me...



**Elisa:** And how do they do that?

**Eryn:** ...and how He wants to use me. How...What...how does...

**Elisa:** How does that happen. How do they bring you back on the path? Do they say something? Do they...

**Eryn:** Yeah. Yeah. They...I mean, so I can think of like...okay, so I remember one of my business mentors, they like...they...I meet like once a month with them, and I hadn't in about a year because I took a break from working with my company. And we get coffee. I hadn't seen them in a year. We get coffee. And at that point, I'm pretty much at the end of like throwing in the towel. I'm pretty tired and, you know, just drained. Don't think that I'm qualified. I think a lot of us feel like we're not qualified so we...we start to...I started living in that head space...

**Elisa:** Right.

**Eryn:** ...for over a year thinking, "I'm just not qualified, like I can't be used for this area. You know, I'm a has been. I'm not relevant or all of those different things.

**Elisa:** At 32 she's (Inaudible), but she's not relevant.

**Eryn:** [Laughing] Yes, I know.

**Elisa:** Okay. Excuse me; I think I need to leave now.

**Eryn:** No, but you know it's like...it's like I had...I had experienced my peak time for my career and then everyone's tired of me now.



**Elisa:** [Laughing]

**Eryn:** Right? Like I...and that's a lie.

**Elisa:** That's what you thought.

**Eryn:** That's what I thought.

**Elisa:** These are what you were listening to.

**Eryn:** These are the things I thought and I lived in that.

**Elisa:** Gotcha.

**Eryn:** So, I mean, I lived in them for a while and they had...and I, you know, I think that we can allow lies to just grip us and God is so much louder than them and He brings people in to help re...release us from them and see how He sees us. But in that time my...my mentor...I was being just very honest of like, "I think I'm done." You know, "I think I'm going to close the doors." And around that same week...so that meeting was on Wednesday...

**Elisa:** Mm Hmm.

**Eryn:** ...on Monday I had prayed a prayer...I had just prayed "God, make me wine out of my circumstances."

**Elisa:** New wine out of your circumstances.

**Eryn:** New wine.



**Elisa:** Hmm. Hmm.

**Eryn:** I was like make me wine, and Wednesday my mentor goes, “Eryn, you can’t put your old ways...

**Elisa:** Yeah, go head.

**Eryn:** ...into something new.

**Elisa:** Oh, wow! Which is really a...a Scripture, right?

**Eryn:** That’s it, yeah.

**Elisa:** Which is “Don’t put new wine...

**Eryn:** In old wineskins.

**Elisa:** ...in old wineskins.”

**Eryn:** And before that it talks about you cannot put a patch on a...a...a fresh patch on an old garment.

**Elisa:** Mm hmm. Mm hmm. And, you know, we’re just pulling out a Bible verse and putting it on your situation.

**Eryn:** Yeah.



**Elisa:** Is that a good idea?

**Eryn:** Well, yeah! [Laughing] It helped me.

**Elisa:** Sometimes it works. Sometimes it works.

**Eryn:** Yeah.

**Elisa:** And sometimes we hear God that way because people will...will say a word from the Word of God in such a way that it resonates with the...the truth of that word in Scripture in our hearts. It's a good idea to go look up what that word is when that happens...

**Eryn:** Yeah.

**Elisa:** ...to kind of figure it out and check it out and say what was happening in that situation?

**Eryn:** Absolutely.

**Elisa:** But Jesus is talking about a whole new way of life.

**Eryn:** Yes.

**Elisa:** That the old way of the law is not gonna work anymore.

**Eryn:** Yeah.

**Elisa:** The old way of the lies that you could be perfect enough is not gonna work anymore.



**Eryn:** Mm hmm.

**Elisa:** And so you need to move into a new relationship with...

**Eryn:** Exactly.

**Elisa:** ...with the new wine of His presence in a relationship. That's powerful. What...what I want to kind of mine in...hold that example, and...and let's see if we can't maybe offer some maybe some examples...

**Eryn:** Yeah.

**Elisa:** ...of how we hear from God.

**Eryn:** Mmm.

**Elisa:** Me and my call to MOPS; you and this crossroads in your career.

**Eryn:** Yeah.

**Elisa:** And we've...probably gonna think of other examples too as we go through this, but I want to think through what are some of the ways that God reveals Himself? What are some of the ways that He makes Himself accessible to us that we can hear Him. And I'm...I'm using air quotes here. Her Him. Does God speak in an audible voice to us?

**Eryn:** Hmm.



**Elisa:** Some people might say yes. I've never heard God "boom", you know like He did with Moses. But I can sense and feel His Word in this room with the lighting going on and off.

[Laughing]

**Eryn:** Keep going, keep going. He likes it. That is weird, you're like do we ever hear from God?

[Laughing]

**Elisa:** Okay. Okay. Just so everybody knows what's happening, as I'm talking the lights in this studio are going on and off and on and off, and I think somebody was just playing with some switches, but it was weird, so anyway.

**Eryn:** It was odd. That was wild, but yeah so, go back to so can we hear God audibly? Some people say yes some people say no, some people interpret, I think, the way they hear God it would be like this very loud overcoming voice. Others it could be a gentle...a gentleness, like a whisper almost. Like a...

**Elisa:** A nudge.

**Eryn:** A nudge or a...or you might feel like you don't hear Him at all and maybe He sends ladybugs to remind you things, you know, like...

**Elisa:** Well, yeah, and you know what? We get all of like self-condemning when other people say, "Well, I heard God say something," and then you're like "Oh my gosh, I'm not spiritual enough..."

**Eryn:** Yeah.



**Elisa:** ...to listen to God.” You know, that kind of thing. But let me suggest some things I think God does say...ways He does make Himself known to us and the first one is Scripture.

**Eryn:** Yeah.

**Elisa:** It is actually the Bible. And we get real mixed up in this. I want to say I think...one of the things that’s helped me understand how to read the Bible is to read it with an ear to the author.

**Eryn:** Mmm.

**Elisa:** Okay, what hits you when I say that?

**Eryn:** Read it with the ear of the auth...well, you’re removing yourself.

**Elisa:** Okay. Okay. So what did the author intend...

**Eryn:** Right.

**Elisa:** ...to know...

**Eryn:** Exactly.

**Elisa:** ...when I read the Word of God? When I read the Bible?

**Eryn:** What are they going through.

**Elisa:** Yes, and so I say that word *author*, I want to be clear and say we need to think about the Author with a capital A...



**Eryn:** Mmm.

**Elisa:** ...and an author with a small a.

**Eryn:** Yes.

**Elisa:** Okay? The author with the small a is the human instrument...

**Eryn:** Mmm.

**Elisa:** ...that was used to take down the words. You know, Moses, John, Matthew, Paul, you know, David writing the Psalms. Those are the human instruments that God used, and so when we're listening to the Word of God, the Bible, we're going to listen with an ear to what was happening culturally, what kind of genre of literature each book is, you know, understanding the history of Israel, understanding the history of the New Testament church, understanding, you know, what...what was happening. That's really important work, but then we also want to listen to the Bible with an ear to the Author who's a capital A, and that's...that's the living Word of God, you know, that is the Spirit of God. That's the Holy Spirit, that's the Trinity, that is how God reveals Himself so that when I reading Jesus's words about new wineskins, I'm understanding that He's speaking to a culture where wine was made from fermented grapes and put in leathered skins.

**Eryn:** Mm Hmm.

**Elisa:** And as the wine fermented, the skins would expand.

**Eryn:** It yeah.



**Elisa:** And I understand and if...and Jesus is making an analogy to the law and...so suddenly now I'm understanding the way the Bible is written with an ear to an author with a small a and then I ask God, the capital A...

**Eryn:** Yeah.

**Elisa:** ...help me understand what this means for me now...

**Eryn:** Yeah.

**Elisa:** ...as this person is speaking it to me when I think I'm done...

**Eryn:** Yeah.

**Elisa:** ...in my career.

**Eryn:** Yes.

**Elisa:** And I've been praying for you to make new wine.

**Eryn:** Yeah.

**Elisa:** Help me understand what that means here. Is that a good example?

**Eryn:** I love that. Yes.

**Elisa:** Does that makes sense to you?



**Eryn:** Mm Hmm.

**Elisa:** Okay, and I think one of the bumps we make on...do you want to say that?

**Eryn:** Well, I was going to say when...when you go...real quick, when you go back to when you were talking about wine when it's made and fermented and it expands in leather skin. The leather skin likes cracks doesn't it?

**Elisa:** Yes. Yeah.

**Eryn:** And it get...it's dry...it's dried out once it's...once the wine is poured out. Is that right?

**Elisa:** I don't know.

**Eryn:** I think that's right.

**Elisa:** Okay.

**Eryn:** Yeah, 'cause I think that's what I...so I started studying...I was so curious about wineskins. I was like, "What is wineskins? Is that like a grape skin?"

**Elisa:** Yeah, right.

**Eryn:** Like what's a wineskin?

**Elisa:** A Craisin.



**Eryn:** Yeah. [Laughing] A Craisin.

**Elisa:** Yeah. Yeah.

**Eryn:** But I started just like wanting to understand what a wineskin was...

**Elisa:** Mm Hmm.

**Eryn:** ...and that's what I le...when somebody spoke that over me, it was...it was for me I took it as surrendering to not forcing my old ways and allowing God to do something new in me.

**Elisa:** Good. Yeah.

**Eryn:** And I...I...I think that sometimes we can hold on to our o...old ways. I think that we can get, you know, trapped in our lies and fears, and He does use people to bring out that truth. I don't really know where I'm going with that, but...

**Elisa:** I think that what you're saying is you understand...okay, you listen to what you are praying for. When a person spoke these words back to you in a conversation as you were seeking direction, that...those words were connected to a passage in Scripture.

**Eryn:** Yeah.

**Elisa:** You go and read that passage in Scripture and you look at what was its intent? What did the author with a small a, what did the Author with a large A intend for that passage to mean? And there is a great consistency then with going "Well, that's what I'm struggling with, God. I'm struggling with I need to not slip back into the old ways..."



**Eryn:** Yeah.

**Elisa:** ...put the old ways back into the package or the skin of my life...

**Eryn:** Yes.

**Elisa:** ...that doesn't fit anymore. You've called me to something new. This is one example, and it's a little bit complicated, but that's what it's about is...is listening with the ears of heart to how God brings people in, how He brings His Word in, how He brings coincidences and circumstances in.

**Eryn:** That's so good.

**Elisa:** Be...before we leave the Bible part, because that's a big way we hear from God, I want to be clear and say that I've had to really wrestle with the Bible is not God. The Bible is not the fourth person in the Trinity, which by the way means three. It...it's...you know we don't have a quadruple God. We have a Trinitarian God. A three-in-one-person God. But the Bible is God's Holy Word, and...and Jesus describes Himself as the living Word of God, so I just think it's important that we...and that's a complicated topic, but to really look at that, we expect God to...we expect to hear from God through the Bible...

**Eryn:** Mmm.

**Elisa:** ...but I think we need to approach it with great care as we're trying to listen to His voice in it, right?

**Eryn:** That's so good.



**Elisa:** Okay, let's go to the next thing we're talking about, which is people. God does speak to us through people as He did you to, as He did to me in my phone call. I...I...in my days when I've been in therapy, which have been a lot of days I've...

**Eryn:** Yeah. [Laughing]

**Elisa:** ...been in therapy.

**Eryn:** Me too, girl!

**Elisa:** God...God has used my counselor, you know, from time-to-time to help me look at things that I didn't know what to do with.

**Eryn:** Yeah.

**Elisa:** God has used my parents. He's used my family. He's used my husband, you know, to...to help me...not like their voice opens and God's voice pops out, but in a moment when...when something is something I need to look at and it's a corrective gesture or...or when it's a wisdom gesture, God has used people...

**Eryn:** Yeah.

**Elisa:** ...in my life. I think Scripture's pretty clear about there's wisdom in a multitude of counselors and people around us that are wiser than us and learning to listen to them. And you mentioned having a mentor...

**Eryn:** Yeah.



**Elisa:** ...who served that role for you?

**Eryn:** Yes, absolutely. And I think, you know, defining like the quality of a mentor, right? Because you have to be careful for the people that speak and deal. Who are they in the...in their community? Who are they consistently? Do...like I like to study patterns in people, and so, you know, are they consistent in...in their home life and in their work life and...and then...then I trust them and what they say, and I take it with a grain of salt, but, you know, I think I absolutely think that God has brought mentors in my life that I've vetted...

**Elisa:** Mm Hmm.

**Eryn:** ...and then I've been able to try...just, yeah, listen to them and trust in knowing that like...I...there are moments when I'm like "God, this is what they're saying, but what do you think about this?"

**Elisa:** That...see and I...I think anytime a person's going to speak to us, we've got to do the work...

**Eryn:** Yeah.

**Elisa:** ...to take what they are saying and match it up against the Bible and Scripture.

**Eryn:** Absolutely.

**Elisa:** Because if something doesn't match that,...

**Eryn:** Yeah.



**Elisa:** ...then it's probably false or wrong or not right for us...

**Eryn:** Yes.

**Elisa:** ...in this given moment.

**Eryn:** Great example, there was somebody that was in my life that was very domineering...

**Elisa:** Mm Hmm.

**Eryn:** ...towards me and telling me what God has for me or what God...what he thinks God is um...how should I say that? He was very domineering towards me. He felt like he heard from God...

**Elisa:** Right.

**Eryn:** ...and I haven't been hearing from God.

**Elisa:** Oh my gosh! That happens...I...I'm supposed to marry you. You know, I'm supposed to be your business partner.

**Eryn:** Yeah.

**Elisa:** Yeah...those kinds of things. When people come and pronounce that this has come from God...

**Eryn:** Yeah.



**Elisa:** ...and I've heard it and you need to agree with it, what did you do with that?

**Eryn:** I said, "Well, God hasn't told me yet."

**Elisa:** Good.

**Eryn:** [Laughing]

**Elisa:** Good. Yeah.

**Eryn:** So, I'll...I'll go to...I'm gonna pray and journal and talk to Him and we'll...and I'll...I'll hear from Him.

**Elisa:** It can be very intimidating, though. In this whole conversation I'm sure that there are people listening who are going, "What are you talking about?"

**Eryn:** Yeah.

**Elisa:** The fact that you even think you can hear from God is freaking me out, you know.

**Eryn:** Yeah.

**Elisa:** I have begged God to speak to me, you know, and I always feel kind of like the big loser that I don't have this word from God.

**Eryn:** Yeah.



**Elisa:** And...and so when somebody comes and pronounces over you, “God has said to me ta ta ta.”

**Eryn:** Yeah.

**Elisa:** It’s really a power game...

**Eryn:** Yeah.

**Elisa:** ...isn’t it?

**Eryn:** Yeah. Absolut...it is an absolute power game.

**Elisa:** So we need to call it for what it is...

**Eryn:** Yes,

**Elisa:** ...and again take it and lay it alongside what we know of God from how He’s revealed Himself in His Word.

**Eryn:** Yeah.

**Elisa:** Okay, another way God speaks to us is through the Holy Spirit.

**Eryn:** Mmm.

**Elisa:** Now that’s really personal, I think.



**Eryn:** Yeah.

**Elisa:** I just want to encourage us all to spend some time in the book of John, chapters 13 all the way through 17 and underline or highlight every time you see the word *Holy Spirit* or *Advocate* or *Counselor*, because we find out so many things about Him through Jesus's prayer in the Upper Room for His disciples right before He goes to the cross. And one of my...I think one of the most intriguing verses is in John, chapter 14, verses 25, 26: "All this I've spoken while still with you, but the Advocate, the Holy Spirit, whom the Father will send in my name will teach you all things and will remind you of everything I've said to you." Okay, so Jesus is talking to His first century disciples, and again, go through and highlight and look at all the other things. He talks about the role of the Holy Spirit to convict us and teach us and train us and etcetera. He talks about the Holy Spirit being a help...a helper...

**Eryn:** Yeah.

**Elisa:** ...no sorry. He talks about the Holy Spirit being a paraclete, which means He comes along side and is with us. When we look at that, it shouldn't surprise us then that these supernatural moments where suddenly we find help in a spot where we thought we were helpless.

**Eryn:** Yeah.

**Elisa:** Have you see that ever in your life?

**Eryn:** Oh my gosh.

**Elisa:** Did God show up and provide something for you and you go, "This has to be the Holy Spirit..."



**Eryn:** Yes, oh.

**Elisa:** ...helping me?

**Eryn:** And I know when it's Him, I cry...

**Elisa:** Mmm/

**Eryn:** ...unex...unexpectedly.

**Elisa:** Okay. Okay.

**Eryn:** But not everybody experiences that...

**Elisa:** Right. Right.

**Eryn:** ...but for me it's...

**Elisa:** So it's an emotional thing for you. I can remember specific instances. I was sitting in church praying over my son, who was in those days pretty wayward, and I actually struggled with...I didn't know where he was. I...he had gone off on his own, and I hadn't...I didn't know where he had gone, and I was so worried about him. I looked down in church...I was sitting on a pew, and next to me was a little toddler whose legs were sticking straight out. You know how they do...

**Eryn:** Yeah.



**Elisa:** ...if they're too short to hang over the edge just sticking straight out and his little feet were sitting up and I...it made me think of my son when he was a toddler, and my heart grew heavy and I wondered where he was. And in that moment, okay, I think this was the Holy Spirit reminding me...I didn't hear a voice. But I...I had this thought of "Elisa, do you remember the story of when Nathaniel was standing under the tree..." I think this is in John, the first part of the book of John. "...and Jesus remarked about how he saw him standing under the tree?" And it was weird because the Bible doesn't ever go and "Jesus saw him under the tree."

**Eryn:** Yeah.

**Elisa:** Jesus just said, "I saw you under the tree."

**Eryn:** Yeah.

**Elisa:** And I thought, "Yeah, I remember that story." And then I...I just felt like God was nudging me through the Holy Spirit to go, "I know where your son is. If I could see Nathaniel, I can see just like you see this little toddler's shoes, I can see your son in his shoes. I saw him when he was two years old like that toddler, and I see him today..."

**Eryn:** Mmm.

**Elisa:** ...like the grown man that he is far away from you," and it was a great comfort. And that...I could have made it up, sure. But I had a sense that it was God through His Holy Spirit reminding me of what was true in my world.

**Eryn:** That's beautiful, Elisa.



**Elisa:** So we...we see God in Scripture. We hear from God through the Holy Spirit. We hear from God through people. There's other ways.

**Eryn:** Yeah.

**Elisa:** Can you think of other ways?

**Eryn:** One thing that I...I have something that I do in the mornings.

**Elisa:** Mmm.

**Eryn:** And I challenge myself to do it for 30 days because it was, you know, what is it 30 or 60 days that you build a habit?

**Elisa:** I think it's 45.

**Eryn:** Is it 45?

**Elisa:** Yeah, somewhere in between there.

**Eryn:** It's in the middle. [Laughing]

**Elisa:** There you go. Yeah.

**Eryn:** So I was like...I...I had a hard time sometimes doing things consistently every morning, every time. Like I'm like oh, you know, so I was trying to develop a habit.

**Elisa:** Mm Hmm.



**Eryn:** So what I do is I have in my notes on my phone, but I didn't use my phone, I used my desktop. I...I would lock it so it was just quiet time and I would turn my...I would put my phone away and I still do this, I put my phone away and I want to just have a conversation with God and talk to Him about the things that I'm thinking about. I want to hear from Him. I want to know what He wants for me life, what He wants to use me for, and so there's a few things that I do that I ask I check in with what I'm feeling.

**Elisa:** Okay.

**Eryn:** So number one. I sit there and I check in with what I'm feeling. What am I feeling right now today? Am...am I being resistant to wanting to talking to Him? To hear from Him? I recap yesterday.

**Elisa:** Good.

**Eryn:** So that's number two. I recap okay what happened yesterday? All the ins and outs, goods the bads, what happened? Number three, I talk to God, what's on my heart and my mind right now in just general not yesterday, not just today, but in general for future.

**Elisa:** Okay.

**Eryn:** From the past, just all just talk to Him. And then four, I confess and I...and I say this is...these are things that like I'm not proud of. I feel icky about that I've done or that I've thought and I just share it. And then five, I invite Him in and I say, "God, what do you want to tell me? Speak to me."

**Elisa:** That's awesome. Mm Hmm.



**Eryn:** What...what is it that you want? I want to invite you in and I want to learn to hear your voice.

**Elisa:** Mm Hmm.

**Eryn:** And then I do that every day. And then at number six is I...I'll open up Scripture and whatever I'm studying that pertains to that season of life. And that...those things, those six things have helped me to start to hear and to talk. Like practice that listening and hearing and speaking.

**Elisa:** It's a conversation.

**Eryn:** Yes.

**Elisa:** And it isn't going to be the audible,...

**Eryn:** Right.

**Elisa:** ...but the things that come to mind as we're listening, we need to take seriously, and again compare them with what we know is true.

**Eryn:** Yeah.

**Elisa:** And...and but hold them.

**Eryn:** Yeah.



**Elisa:** One way to keep track of that through your six steps is to journal...

**Eryn:** Yeah.

**Elisa:** ...because you really can write out each of these things. Here's what I'm feeling...checking in and here's what I need to say, here's what I need to confess, here's what...what do you want to say to me? And that's a way to keep track day-to-day-to-day-to-day, and that makes a lot of sense for some people.

**Eryn:** Yeah.

**Elisa:** Some people struggle with that.

**Eryn:** Yeah.

**Elisa:** But there are other ways to have a conversation with God. You can do it through art...

**Eryn:** Yes!

**Elisa:** ...you can do it through nature. You can do it through a conversation or a Bible study.

**Eryn:** Yes.

**Elisa:** There's lots of ways to do it. My husband has a practice that's kind of interesting too. He in the last few years has picked a word...

**Eryn:** Hmm.



**Elisa:** It's taken him sometimes six weeks to three months to know what word is the right word.

**Eryn:** Yeah.

**Elisa:** Two really important wor... words he picked... one was *healing*, and he'd been through a lot of... a lot of physical issues for a couple of years, and he felt like the Lord really wanted to bring him to health. And he picked that word and he watched things kind of fall apart, but get better over the year, and then he felt like the next year he wasn't finished, and so he kept the word for another year, and God revealed some things in his heart—not physical heart, but emotional heart—that God wanted to heal.

**Eryn:** Yeah.

**Elisa:** And then the... the next time he picked a word, he came to the word *watch*, and he wrote it down and I... I was so honored to watch this process in him. He felt that was the word that from reading different Scriptures and from sitting with God in prayer that God wanted him to focus on, and I'm not kidding, the entire year of that word *watch*, God opened doors for my husband, for Evan, in ministry, in relationships, in his career. He took him into new places, into people he'd never even met before that caused him to change his residence where we live. Things just by watching.

**Eryn:** Yeah.

**Elisa:** So I think there is a way in which we can be very intentional...

**Eryn:** Yeah.

**Elisa:** ...to...to join God in what He wants to do in our lives by even picking a word.



**Eryn:** Mmm.

**Elisa:** Let's see what else we want to do to end this.

**Eryn:** It's beautiful.

**Elisa:** There's your...there's your favorite phrase.

**Eryn:** 28 minutes.

**Elisa:** Yeah, we did pretty good. I just need to kind of bring it back.

**Eryn:** We could do...we could do...

**Elisa:** Okay, I know where I want to go.

**Eryn:** You got it? Okay.

**Elisa:** Okay. All that, Eryn, and we have talked about God can speak through the Bible, He can speak through people, He can speak through circumstances, He can speak through the Holy Spirit, He can speak as we journal, as we select a word and lean into His wisdom, but (sighs) why doesn't He speak more? And why do our hearts grow so heavy with the echoes of His silence? What do we do when we have tried all those things and we don't hear God speak?

**Eryn:** Mmm. I feel like it's in the silence...and silence to me feels like stillness because I can make a whole lot of noise and still be...and...and like experience...I feel sometimes we're on a hamster wheel and we're just like we're running around just trying to hear. I'm trying to hear,



I'm trying to hear, and then I think sometimes it's like stop the hamster wheel okay and just like...

**Elisa:** Yes.

**Eryn:** ...be still child.

**Elisa:** Mmm/

**Eryn:** Because I think it's in our stillness is when we actually do hear Him. We're being refined. We're learning to just pause and to just stay instead of force-fit it.

**Elisa:** There's examples of that in Scripture, you know, in all of Job's suffering...

**Eryn:** Mmm.

**Elisa:** ...you know, it was in the silence of God that he began to...to know Him and with Moses when he begged for God to reveal Himself to Him, it wasn't in all the mighty things that happened, it was in the quiet, little whisper. You know, so sometimes it...we are our white noise of our life and our anxiety and our desperation is the very thing that deafens us to God. And sometimes, I think...I think it's that like you turn to the other side and you realize how do I hear God? Sometimes it's in the silence of just sitting and knowing that He hears me.

**Elisa:** I feel...

**Eryn:** Boom!



**Elisa:** Is that okay, you guys? We went everywhere. We didn't.

(Inaudible)

**Elisa:** Uh huh. Uh huh.

**Eryn:** Yeah.

**Daniel:** One is you didn't really mention like other stuff (Inaudible)...

**Eryn:** Oh, okay. Yeah that's oh!

**Daniel:** Like C. S. Lewis (Inaudible).

**Elisa:** Quotes.

**Daniel:** (Inaudible)

**Elisa:** Good.

**Daniel:** And Eryn actually had a great line...

**Elisa:** Good. Good.

**Daniel:** If you pay attention you can hear from God in just about anything.

**Elisa:** I love that.



**Eryn:** I love that.

**Elisa:** That would be good.

**Daniel:** Then the only other thing to if you just want to jot a note at some point, just say, um you talked about how someone when they give a word to you, you feel like they are trying to control you.

**Elisa:** Mm Hmm.

**Daniel:** That's no always the case.

**Elisa:** True. Yeah.

**Daniel:** Sometimes God does give them....

**Eryn:** Yeah.

**Elisa:** Okay.

**Daniel:** Just need to nod to that...

**Elisa:** Okay.

**Daniel:** It doesn't mean, and you can even start with that doesn't mean they're always trying to control you.

**Elisa:** Okay.



**Eryn:** Yeah.

**Daniel:** Because sometimes God does give us...

**Elisa:** So we just need to do some little snip its.

**Daniel:** Yeah.

**Elisa:** Let's do that one...that first one. Okay. And...and let me...let me do it. Are you ready? You know in that power situation, it doesn't mean always that somebody's trying to control you, though.

**Eryn:** Right. No it doesn't. Sometimes...sometimes I...I do believe that God can give people words to speak into us.

**Elisa:** Mm Hmm. And I've seen that happen in...in a conversation (laugh). I've seen...I didn't mean to say something to another person, but, you know, suddenly I'll go, "You know what? It just seems like you're really wanting to make a change in your life." And they're like (makes noise) "Oh my gosh! I've been praying about that!" And I'm like whew, I didn't even know that was so...it can be a legitimate offering.

**Eryn:** Yes. I wanted to say...can I say one more thing? And I think it's deciphering between if it's fear driven...

**Elisa:** Mmm.

**Eryn:** ...or love driven.



**Elisa:** On their part or your part?

**Eryn:** Their part.

**Elisa:** Okay.

**Eryn:** With their words. If they're...if they're projecting fear on you...

**Elisa:** That's good.

**Eryn:** ...right? Then you know that God doesn't communicate through that way.

**Elisa:** Okay. Okay some other ways? Has God ever like used music in your life? Yeah, I think so. You're this little singer.

**Eryn:** Yes. Oh my gosh. I...

**Elisa:** Sing me something right now.

**Eryn:** I...[Laughing] "Ain't no mountain high..."

**Elisa:** High enough! We're good.

**Eryn:** [Laughing] Oh my gosh, I do connect with God through music, through worship, I mean, I will turn my lights off...this may sound freaky or whatever...this might sound creepy or, you know, but I'll turn my lights off and I'll put music on and I'll just...I'll just get on my knees and I'll just open my hands and I'll just let these words pour over me. "Speak to Me" by Kari Jobe...



**Elisa:** Mmmmm.

**Eryn:** ...is a beautiful song, and I'll just put it on and I know that I'm truly just worshiping and hearing from Him when I...my voice sounds terrible. [Laughing] And I used to sing for a living! [Laughing]

**Elisa:** My favorite thing is to put in my earbuds and sing, sing, sing. I do it on my back deck, you know, like at sunset, and I feel really sad for my neighbors, but [Laughing] yeah. It...it is a beautiful way and so the lyrics that I know have been prayerfully constructed, and even of...of hymns, of old hymns and, you know, etcetera, you know, Annie Crosby...Fanny Crosby or, you know others who have just...these songs have been gifted to us and God uses them, I agree. Okay, what else?

**Eryn:** Art.

**Elisa:** Art. I did art.

**Eryn:** Authors. Quotes.

**Elisa:** Oh, authors.

**Eryn:** Authors.

**Elisa:** Just bring it up.



**Eryn:** There have been some books that I've read that I feel like I picked up and I started reading and then recognizing that, oh my gosh, this is the exact book that I needed to read in this season of life.

**Elisa:** Oh, that's a great thing to say to authors. [Laughing] Absolutely! And, you know, I'll just be humble enough to say, same thing! Same thing. I mean, with C. S. Lewis or, you know, whoever...a specific quote, you know, a book that, you know sometimes you pick up a book and you start reading it and you don't even know where you got it...

**Eryn:** Yeah.

**Elisa:** ...but you find yourself underlining like every single sentence on the page.

**Eryn:** Yes.

**Elisa:** And it's like it was given to you in a God-given moment.

**Eryn:** That's so true. Well I remember there's a Bible study that I attended and I'd get there and I'm...so I'll give you just a little bit of a backstory. I was in a small town, joined a Bible study with my mom. I was the youngest by probably 40 years. These women are just so wise...

**Elisa:** [Laughing] 40 years and she's not even 40. I love it!

**Eryn:** [Laughing] These women were just incredible people, and I was doing a few Bible studies with them over the course of six months...anyways, one of the women there came up to me and she goes, "I brought...I brought the book that you wanted."

**Elisa:** Wow!



**Eryn:** And I said, “What...what book?” Like I didn’t ask for a book.

**Elisa:** Oh my gosh!

**Eryn:** She goes yeah, “Remember that book you said you wanted?” (Gasp!) And the book was about discerning the voice of God.

**Elisa:** That’s crazy.

**Eryn:** And she gives me this book, and I’m like, “I don’t even...I don’t even know who this author is.” Like I did not ask for this.

**Elisa:** Ask this...Not out loud, you didn’t.

**Eryn:** Not out loud I didn’t. But I read it and it changed my life. It...it was so funny, but I think that God used...

**Elisa:** Mmm.

**Eryn:** ...so that’s an example...

**Elisa:** Yeah.

**Eryn:** ...of God using a person and a book to maybe speak...

**Elisa:** Yeah.



**Eryn:** ...to me.

**Elisa:** I think if we're listening, we can hear God pretty much anywhere.