**How Can You Hear God’s Voice Clearly?**



Try to take 10 minutes at some point today to pay attention to your thoughts and how they make you feel. Sometimes our thoughts are what affects our moods, motivation and how we see ourselves. Often times we try to drown out our thoughts, and the voice of God with social media, television and anything else that will keep our mind occupied. Challenge yourself today to sit in complete silence and just observe your thoughts. Are they positive or negative? Close your eyes. Breathe deeply. Inhale through your nose and exhale through your mouth. How does your body feel? Are you at peace or do you feel anxious? Just let your mind wander for a moment. I know sometimes it can be scary or akward, but it's necessary. It is in this moment, if you listen carefully, you can hear the still voice of God. He is always there, just waiting for us to slow down, so he can speak to our hearts💕 and minds about our lives and situations. ~Glad Tidings💫