



שמע ישראל

SHEMA YISRAEL

Hearing the
Voice of God

**Hearing
From
Hashem (God)**

Rebbetzin Gavriela Frye
For
Village of Hope & Justice Ministry

CHAPTER 6
The Still,
Small Voice of Hashem (God)

First Kings chapters 18 and 19 include one of the classic stories involving the prophet Elijah. I encourage you to take some time and read these chapters in their entirety. But let's look together at 1 Kings 19:11-12 (TLV). Elijah was weary, worn-out and in desperate need of a word from Hashem (God):

And He said, Go out and stand on the mount before the Lord. And behold, the Lord passed by, and a great and strong wind rent the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake;

And after the earthquake a fire, but the Lord was not in the fire; and after the fire [a sound of gentle stillness and] a still, small voice.

I love this example of how Hashem (God) spoke to Elijah because it's one of the most common ways that He still speaks to His people today, *through a still, small voice.*

Now, I'm not talking about an audible voice, although Hashem (God) can speak to us in that way. Rather, the still, small voice is a "knowing" deep down inside of us. It is also frequently referred to as an "inner witness." Sure, Hashem (God) can speak to us in many ways, but He most commonly leads and directs us by His Ruach Hakodesh (Spirit) through this knowing in our hearts.

We're faced with decisions every day. Maybe you're seeking Hashem (God) about which job to take, what school to send your child to, or where to live. As you take time to seek Hashem (God) and listen, He will often guide you through this knowing deep inside His Spirit giving you the direction you need.

GETTING STILL BEFORE HASHEM (GOD)

One of the most important things we can do to hear Hashem (God)'s "still, small voice" is to be *still* before Him and take time to seek Him. More than ever before, people today live frantic, hurried, and stressful lifestyles, and this makes it even more difficult to hear Hashem (God) speak. That's why taking regular time to get away and be alone with the Hashem (God) is so vital.

I encourage you to spend time just sitting quietly in His presence. Get away from all distractions and interruptions. Take time to pray and read Hashem (God)'s Word, but also take time to just listen. I think we can take a great lesson from Psalm 46:10

(TLV). Hashem (God) says to us: *Be still, and know that I am God....*

I'll never forget when Hashem (God) was teaching me this lesson years ago. There were times when I got so busy that it became difficult to "squeeze Hashem (God) in" so to speak. Taking time to get away and seek Him is often easier said than done. One day, Hashem (God) spoke to my heart and said, "Don't try to work Me into your schedule work your schedule around *Me*."

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Our time with Hashem (God) is where everything begins, and we need to do whatever it takes to protect it, even if that means not being involved in quite as many groups or activities. But as we do, the rewards are so great Hashem (God) promises that when we seek Him, we *will* find him! (See Jeremiah 29:13.)

Now, when we seek Hashem (God), He may not give us an answer that very day, but we can be assured that He will provide the direction we need as we trust Him.

I remember one woman who came to me a while back. She said, “Joyce, I was really praying and seeking Hashem (God) about something one evening, but I didn’t sense Him saying anything to me during my time with Him. I was discouraged. But then a couple days later, as I was simply walking to the refrigerator to get something, *Bam!* He spoke something really specific to my heart!”

I love this! If you don’t get an answer right away, don’t worry, and don’t give up seeking Hashem (God). Because as you continually stay tuned in to Him, you will get better and better at hearing His still, small voice.

LET PEACE BE YOUR “UMPIRE”

Regardless of how else Hashem (God) speaks to us, He will always lead us by His peace. Colossians 3:15 (TLV) shares one of the most important principles we can learn. It says:

And let the peace (soul harmony which comes) from (Yeshua) Christ rule (act as umpire continually) in your hearts [deciding and settling with finality all questions that arise in your minds...].

I really love this verse. The Bible is telling us to use peace as an umpire to help make decisions in our lives. Now, I’m not known as a big sports fan, but I think it’s helpful to look at the umpire in a baseball game as an example. Part of the umpire’s job is to decide what is “safe” and what is “out.”

Well, this verse is saying that we should allow the peace and harmony in our hearts to act like an umpire, making decisions and settling all questions in our minds. Peace is Hashem (God)’s way of telling us what things are “safe” for us and what things we should leave out. I honestly run my life by following peace. I’ve reached a place where if I don’t have peace about something, I’m not going to move forward, it’s a clear indication from Hashem (God) that He doesn’t want me to do it.

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There have been times when I have made plans to go somewhere or do something, and as time went along, as I continued to go in that direction, I became increasingly unsettled and simply didn't feel peaceful about going forward. It was the Ruach Hakodesh (Holy Spirit)'s way of showing me that it wasn't Hashem (God)'s will for me to do *that* thing at *that* time.

This applies to every area of life. Whether you're buying a car, shopping for something at the mall, deciding what Congregation you should attend, or even praying about what friends to hang out with, Hashem (God) will *always* lead us by His peace. Hashem (God) gives us His peace as an *internal confirmation* that the action we are taking is approved by Him.

Like I've mentioned before, when we really want something, it can be deceiving. Excitement can actually produce a "false peace." However, this false peace will eventually wear off. If you really have peace from Hashem (God), it will remain with you long after the decision has been made.

We can be assured that whatever Hashem (God) directs us to do, He will always confirm it with peace. *He will always let us know what is "safe" and what is "out."*