

The
GOD
Who Speaks

*Hearing the Eternal God
In Our Everyday Lives*

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7 COMMITMENTS FOR EVERYONE

1. **Confidentiality:** What's shared in the group stays in the group. Your commitment keeps it safe.
2. **Come Prepared:** Listen to the Metro Sunday sermon in person or online.
3. **No Fixing, Saving, or Setting People Straight:** Let the Spirit lead. Listen and keep advice to yourself.
4. **Speak for Yourself:** Share only your own experiences. Avoid speaking for others.
5. **Time Limit:** Keep sharing brief to allow everyone time.
6. **Pray for Others:** Commit to praying for group members weekly.
7. **Ask for Help:** For guidance on matters of concern, get help at info@metrochristianchurch.com.

HOW TO USE THIS BOOKLET WELL

This Growth Group Guide is designed for honest, heart-level conversations rooted in Scripture and guided by the Spirit. It helps your Group discuss and practice Sunday's message while keeping leadership simple, so you can focus on people, not just the plan.

Our goal is for every Growth Group to be a safe space where each person can grow spiritually and relationally. Before you begin, please carefully read and return to the **7 Commitments for Everyone** located on **page 3**. Then, read the section on the following pages that applies to you. Growing as a disciple of Jesus happens in relationships, so making commitments to God, yourself, and your group is essential to using this guide.

GROWTH GROUP LEADERS

Growth Group Leaders are officially trained, commissioned, and supported by Metro.

- Create safe spaces where people are respected, not rushed or silenced.
- Discern what's yours to hold and what to send up (connect with your coach, counseling referrals, etc.)
- If someone shares something heavy, you don't need to solve it. But you do need to care and connect them with the right help.
- Empower your facilitators by letting them lead their breakouts. Debrief together afterward.

GROWTH GROUP FACILITATORS

Support your Growth Group Leader

- Follow your Growth Group Leader's direction on questions and group splits.
- Use the guide to keep discussions simple, clear and on schedule.
- Facilitate, don't dominate. Create space for everyone to share.
- Listen well. You're not expected to teach, counsel or have all the answers.
- Flag big concerns to your Growth Group Leader.

HOW TO USE THIS BOOKLET WELL

INTERESTED IN JOINING A GROWTH GROUP?

Growth Groups are the best environment for spiritual and relational growth at Metro.

- Every week, our Growth Groups share life, study God's Word, support each member, spiritually grow, and serve the church and community.
- Scan the QR Code to take the next step in joining a Growth Group:

SCAN HERE



ELEMENTS OF THIS BOOK

This booklet is designed to guide you through a simple daily rhythm of faith in action. Each step helps you engage with God and others in a meaningful way through writing, reflection, conversation, and prayer.

WRITE ABOUT IT

Take a moment to reflect and write in your own journal what God is teaching you.

SHARE ABOUT IT

Use the discussion questions and resources provided to grow together in community through Bible study and conversation.

DO SOMETHING ABOUT IT

Put faith into action. Whether it's a quiet shift in your heart, a small physical step, or a bold act of love, this is your invitation to live what you believe.

PRAY ABOUT IT

Utilizing the P.R.A.Y. method from Rooted, take time throughout the week to pray for God to speak in your life, your family, and Growth Group.

WEEK 1: THE GOD WHO SPEAKS

How do we hear God? Hearing God isn't some rare gift reserved for a few. It's a relational reality available to everyone who belongs to Him. As we grow in faith, we don't leave hearing God behind. Rather, we grow in clarity, confidence, and obedience. This series invites you to believe that God is speaking and that you can learn to recognize His voice. Jesus told us that His sheep know His voice, so we are called to lean into the Shepherd and listen closely to what He has to say.

WRITE ABOUT IT

Where might God be inviting me to listen more closely this week?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share your high and low from the past week.
2. How has God's voice brought encouragement or correction recently?
3. How do you know the difference between God speaking and your own thoughts?
4. What is one doubt, fear, or struggle that comes up when asking for God to speak to you?
5. If you could have God speak clearly to one thing in your life, what would it be and why?

DO SOMETHING ABOUT IT NOW

Now, we're going to take some time to reflect and pray together. Remember, hearing God isn't just for a select few – it's a relational reality for all of us.

Step 1: On a scale of 1 to 10, how confident are you in hearing from God? Why?

Step 2: Write down one to two other sources or voices that you spend most of your time listening to.

Step 3: Break into groups of two's and pray for one another to grow in confidence to hear from God and seek Him over the other competing voices in your life.

DO SOMETHING ABOUT IT THIS WEEK

Take a few minutes in the morning, afternoon, or evening to open your hands in prayer and ask for God to speak to you in whatever way He wants throughout this series.

PRAY ABOUT IT

- **Praise:** Give thanks to God for His daily provision.
- **Repent:** Acknowledge and turn away from anything that is getting in the way of His Spirit's work in you.
- **Ask:** Ask God for more of the Spirit's work in you.
- **Yield:** Yield to the work of His Spirit by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *Hearing God by Dallas Willard*

WEEK 2: GOD SPEAKS THROUGH HIS WORD

The primary and most reliable way God speaks is through His Word. The Bible isn't just an ancient book, it's the living, active Word of God that shapes our thinking, corrects our hearts, and guides our steps. God will never speak in ways that contradict what He has already revealed in Scripture. Learning to hear Him begins with listening attentively and humbly to His Word. Every time we open the Bible, we position ourselves to hear God clearly and experience His guidance.

WRITE ABOUT IT

What is one new thing you have learned about Jesus through the HEAR Bible Reading plan this week?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share your high and low from the past week.
2. What are one to two of the biggest obstacles for you to engage with God's Word daily?
3. How can daily Scripture reading transform the way you understand and respond to life's circumstances?
4. What is your favorite Scripture or story in Scripture? Why?
5. What is your least favorite or least understood part of Scripture? Why?

DO SOMETHING ABOUT IT NOW

Now, we're going to practice hearing from God by reading His Word together. Using our HEAR Bible Reading Plan, we are going to read, write, share and pray together.

Step 1: Read or re-read today's HEAR Bible Reading Plan using our HEAR Method.

Step 2: Share your HEAR reflections with the person next to you.

Step 3: Pray and receive prayer from the person next to you based on what you heard.

DO SOMETHING ABOUT IT THIS WEEK

Follow the HEAR (Humbly, Examine, Align Respond) Bible Reading Plan every day this week.

PRAY ABOUT IT

- Praise: Give thanks to God for His Word.
- Repent: Turn away from the concerns and distractions that get in the way of receiving the truth of God's Word.
- Ask: Ask God to speak to you through His Word.
- Yield: Yield to God by trusting that He will guide you in knowing and living by His Word.

ADDITIONAL RESOURCE

- *Shaped by The Word* by Robert Mulholland

WEEK 3: GOD SPEAKS THROUGH COMMUNITY

God often uses other believers to confirm, clarify, and even challenge what He is saying to us. Wise, Spirit-filled community guards us from self-deception and brings balance to our discernment. Hearing God is not meant to be a solo journey, it's meant to happen within the body of Christ. God speaks through counsel, encouragement, correction, and collective discernment. When we listen together, we hear Him more clearly and grow stronger in faith.

WRITE ABOUT IT

Where are one or two areas in my life where I'm struggling to allow God and others to help and why?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share your high and low from the past week.
2. When was the last time you experienced God speaking through another person in your life?
3. Why is it impossible to follow God by yourself?
4. Share a time when someone encouraged or corrected you in a way that aligned with God's voice.
5. How can you discern when God is speaking through someone versus when it's just their opinion?

WEEK 3

DO SOMETHING ABOUT IT NOW

Now, we're going to reflect on how we hear from God through community. God often speaks through other believers to confirm, clarify, and even challenge what He is saying to us.

Step 1: Take a minute to write down a question or issue in your life that you know you can't answer on your own.

Step 2: Write down the names of one to two godly people who you consider wise and trusted community for you.

Step 3: Reach out to at least one of the two godly people this week and ask for their advice.

DO SOMETHING ABOUT IT THIS WEEK

Pray that God would speak to your Growth Group members through the people they reach out to for advice.

PRAY ABOUT IT

- Praise: Give thanks to God for His Church.
- Repent: Turn away from isolation and self-sufficiency.
- Ask: Ask God to speak to you through the people He placed in your life.
- Yield: Yield to God by trusting that He will speak to you through His people.

ADDITIONAL RESOURCE

- *Life Together* by Dietrich Bonhoeffer

WEEK 4: GOD SPEAKS THROUGH HIS SPIRIT

God speaks personally and presently through the Holy Spirit, who lives within every believer. The Spirit illuminates Scripture, convicts us of sin, and gently guides us toward truth and obedience. The Spirit's voice is often quiet, but it is always consistent with God's character and God's Word. As we grow in relationship with the Spirit, we learn to recognize His promptings more clearly through attentiveness, humility, and trust.

WRITE ABOUT IT

Where have I sensed the Spirit guiding, convicting, or encouraging me recently?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share your high and low from the past week.
2. Share a time when the Spirit gently convicted or guided you.
3. Have you ever experienced the tangible presence of the Holy Spirit? What did you learn about Him through that experience?
4. What is the difference between your own thoughts and the promptings of the Holy Spirit?
5. What might be blocking you from hearing or responding to the Spirit?

WEEK 4

DO SOMETHING ABOUT IT NOW

Now, we're going to practice hearing from God by asking for more of His Spirit's presence, power, and work in each of us. God speaks personally and presently through His Spirit, who lives within every believer. As we grow in attentiveness and trust, we learn to recognize His gentle guidance more clearly.

Step 1: Take a minute together to pause and invite the Holy Spirit to speak. Ask Him to quiet your hearts and make you aware of His presence.

Step 2: Break up into groups of two or three and pray over each person by asking God to pour out more of His Spirit over each person.

Step 3: Plan to attend Prayer and Healing Night at Metro on Wednesday, March 18th

DO SOMETHING ABOUT IT THIS WEEK

Join us at our Prayer and Healing Night at Metro on Wednesday, March 18th!

PRAY ABOUT IT

- Praise: Give thanks to God for His daily provision.
- Repent: Acknowledge and turn away from anything that is getting in the way of His Spirit's work in you.
- Ask: Ask God for more of the Spirit's work in you.
- Yield: Yield to the work of His Spirit by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *Forgotten God* by Francis Chan

WEEK 5: GOD SPEAKS THROUGH SILENCE AND SOLITUDE

In our noisy, busy world, God often speaks in quiet and unhurried ways. Scripture shows that He is not always found in the dramatic, but frequently in stillness and silence. Slowing down creates space for us to become aware of God's presence and voice. Silence is not empty; it is often where God speaks most clearly. Learning to be still is a spiritual discipline that helps us notice what we might otherwise miss.

WRITE ABOUT IT

Practically, where are the best quiet environments/moments for you to hear God more clearly?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share your high and low from the past week.
2. Why is it so difficult for us to intentionally be alone and be quiet with God on a regular basis?
3. Why do you think that God often speaks in quiet rather than dramatic ways?
4. How have you experienced God speaking during times of silence or solitude? How did you recognize God in the silence?
5. How do you trust in God's goodness during times of unanswered prayers?

WEEK 5

DO SOMETHING ABOUT IT NOW

Now, we're going to practice hearing from God through stillness and silence. In a noisy and hurried world, God often speaks in quiet and unhurried ways. When we slow down and become still, we create space to notice His presence and voice.

Step 1: Meet at a location where it's spacious and quiet. Turn off your phone and/or put away any distracting devices.

Step 2: Pray together for God to speak in the quiet, then spread out to spend ten minutes of alone time with Jesus in quiet prayer.

Step 3: Re-gather together and share about your silence and solitude time with Jesus; what was good, what was hard, and what you learned.

DO SOMETHING ABOUT IT THIS WEEK

Take five to ten minutes in your day to PRAY(Pause, Repent, Ask, and Yield to Jesus.)

PRAY ABOUT IT

- Pause: Set aside time and space to be alone with God.
- Repent: Turn your heart away from any distractions.
- Ask: Ask God to meet you in silence and solitude.
- Yield: Yield to Jesus by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *The Way of the Heart* by Henri Nouwen

WEEK 6: GOD SPEAKS THROUGH OUR STRUGGLES

While it may seem counterintuitive, God often speaks clearly through our struggles; using pain, uncertainty, and waiting seasons to shape our faith and draw us closer to Him. Throughout Scripture, we see that struggles and trials are not a sign of God's absence, but rather signs of God's purifying sanctification. Remember, God is not the cause of evil or unjust suffering, but He's good that He uses it for His glory and our good. The Good News of the Gospel is that our struggles become openings for His voice rather than signs of His absence.

WRITE ABOUT IT

If our struggles are where God speaks, why do we so often avoid or hide our struggles?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share one High and Low from the past week.
2. Why is it important to recognize that God speaks through struggles, not just in easy times?
3. Can you think of a time when God spoke to you through a time of struggle or trial? What did He say and what did you learn?
4. How does remembering God's faithfulness in past struggles help us today?
5. How does understanding God's character help us recognize His guidance?

WEEK 6

DO SOMETHING ABOUT IT NOW

Now, we are going to take some time to read Scripture, reflect, share, and receive prayer from one another.

Step 1: Individually read **Hebrews 12:1-13** slowly. Re-read a few times and allow yourself to take in the Word.

Step 2: Write a personal prayer to Jesus based on the truth of Scripture and your personal struggles.

Step 3: Re-gather and ask if anyone would like prayer for their personal struggles. Surround the person by laying hands appropriately and praying.

DO SOMETHING ABOUT IT THIS WEEK

Pray to Jesus by using the personal prayer you wrote during Group.

PRAY ABOUT IT

- **Praise**: Give thanks to God for all that you have.
- **Repent**: Let go of viewing your struggle as a sign of God's absence or lack of care.
- **Ask**: Ask God to speak to you *in the midst* of your struggle.
- **Yield**: Yield to Jesus by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *Steps* by John Ortberg

WEEK 7: GOD SPEAKS DESPITE DISTRACTIONS

On Palm Sunday, the people called for Jesus to be King! But He knew that God had different plans for Him and was able to hear the voice of the Father despite the distractions around Him. Not every voice we hear is from God, and Scripture calls us to practice discernment. God's voice will always align with His Word, reflect His character, and lead toward love, truth, and obedience. Other voices--our emotions, fears, culture, or even spiritual deception--can sound convincing but lead us away from God's purposes. Spiritual growth includes learning how to hear and how to discern.

WRITE ABOUT IT

Write a list of all of the sources you regularly use to discern decisions, relationships, and guidance.

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. Share one High and Low from the past week.
2. Why do you think there's a part of us that *wants* to be distracted?
3. Why are patience and obedience so important in learning to discern God's voice?
4. When was the last time you made a mistake or error in your discernment? What did you learn about God and yourself from that experience?
5. When was the last time you accurately discerned God's voice and leading? How did you know?

WEEK 7

DO SOMETHING ABOUT IT NOW

Now, we're going to reflect on how we discern the voice of God by identifying distractions, centering our obedience, and praying for one another.

Step 1: What are one to two of the biggest distractions in your life that you know are not of God? Write them down honestly.

Step 2: Commit, in obedience, to turn away from those distractions, and choose to fill that time with something life-giving to your walk with Jesus.

Step 3: Break up into two's and pray for God's empowerment to focus on Him in obedience for the week ahead.

DO SOMETHING ABOUT IT THIS WEEK

Join our church as we gather for Good Friday service this week.

PRAY ABOUT IT

- Praise: Give thanks to God for all that He has given.
- Repent: Turn away from your primary distractions.
- Ask: Ask God for a discerning heart.
- Yield: Yield to Jesus by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *Freedom of Simplicity* by Richard Foster

WEEK 8: THE GOD WHO LIVES!

The resurrection of Jesus Christ declares that God does not only speak promises, He fulfills them! Jesus did not remain in the grave; He rose! This victory proves that God is alive, present, and at work in the world today. The living Christ continues to speak, lead, and transform lives through His Spirit. Easter proclaims that the God who speaks is the God who lives, and because He lives, everything can be made new.

WRITE ABOUT IT

How has the resurrection of Jesus changed my understanding of God's power and presence?

SHARE ABOUT IT

Take a moment to go over the 7 Commitments on page 3, and then open in prayer as a group before discussing.

1. What was your favorite part of celebrating Easter?
2. What are some reasons why you think the world resists believing in the Gospel?
3. Scripture clearly states that Jesus died for all our sins and rose again for our justification. If you are in Christ, you are *totally* forgiven and justified as innocent in God's eyes through Jesus. Is this easy or difficult to grasp? Why or why not?
4. What is one reason why you look forward to Jesus' return?
5. How does the resurrection of Jesus change the way you face struggles or uncertainty?

WEEK 8

DO SOMETHING ABOUT IT NOW

Now, we are going to reflect and bless one another based on the Good News: Jesus is alive! His victory proves that God is present, active, and faithful. Because Christ lives, He continues to speak, guide, and transform our lives.

Step 1: Fill out the Growth Group Reflection Form by scanning the QR Code:



Step 2: Leader(s) speak words of blessing and affirmation over each Group member. (Ex: what kind of growth and healing and love you've witnessed.)

Step 3: Group members are invited to speak words of blessing and encouragement over Leader(s) and Group members. End in prayer of thanks to Jesus. .

DO SOMETHING ABOUT IT THIS WEEK

Plan for a time to eat together and celebrate all that God has done in your Group! Also plan to discuss re-commitment to the Group beyond this series.

PRAY ABOUT IT

- Praise: Give thanks to God for the Gospel!
- Repent: Recommit to sharing His Good News with others.
- Ask: Ask God to fill you with His resurrection power!
- Yield: Yield to Jesus by praying the Lord's Prayer.

ADDITIONAL RESOURCE

- *The Case for Easter* by Lee Strobel



Sundays | 7 am, 9 am, 11 am
419 Waiakamilo Road, Suite D
Honolulu, HI 96817
808-312-1648
metrochristianchurch.com
info@metrochristianchurch.com