

# ENCOURAGEMENT FOR *Real Life*

131. "Did God Say That?" This Is Impacting My Life!

You are listening to episode 131 of the Encouragement for Real Life Podcast titled, "Did God Say That? This Is Impacting My Life!" Welcome back to the podcast! I'm glad you're here and I hope you are doing well today. After last week's episode with Michelle Layer Rahal, and discussing hearing God's voice with her, I've been thinking about how I hear God's voice. Have you thought about that at all, too? Well, we're discussing this in today's episode and are taking it a bit further, asking this all-important question to ourselves, "Did God say that?" in numerous instances in our lives. It may just be my new favorite question! I invite you to hang out with me here, and together we'll find some help and hope and encouragement together today. Are you ready? Let's get into this episode.

I love it when God takes me deeper with Him on various subjects, and last week's episode with Michelle Layer Rahal, pointed me to think about a number of things with God. The question that keeps coming to mind is this.

## **"Did God say that?"**

And I'm using it in a number of ways in my life now. Because it's been helping me in the last week, I thought it might help you, too.

What do I mean? I'm using this four-word question four ways. Maybe I'll use it more in the days to come, but right now, these four ways are helping me discern truth.

### **1 - Listening for God's voice**

I'm paying attention to hearing God's voice, so I don't have to wonder and ask the questions, "Did God say that?" I know it's Him.

### **2 - Checking my thoughts**

When negative or discouraging thoughts enter my mind I'm asking the question, "Did God say that?" I know the answer each time.

### **3 - Basing what I believe on truth**

When I read something or hear someone mention something about God or the Bible, I'm asking the question, "Did God say that?" I'm making sure what I believe is based on truth.

### **4 - Questioning what I do**

I'm taking a look at my life and analyzing everything I do, asking the question, "Did God say that?" or "Did God direct me to do this?" This has been enlightening!

Let's dig into these four areas a little deeper.

### **1 - Listening for God's voice.**

How does God speak to you? How do you hear His voice? Is it audible or does He speak to you in another way? Or have you ever thought you heard God, but you question, "Did God say that? Really?" Or maybe you don't think God speaks to you at all.

God continues to use sunrises and sunsets to get my attention, and when I'm marveling at one of these creations of His in the sky, I feel His undeniable presence and His peace. He not only speaks to me through these, but He also speaks to me through His Word, through the Holy Spirit, and even through others. I'll never forget one moment in particular when God spoke to me sternly and boldly in my spirit. It was loud and clear, and without a doubt I knew it was Him. I knew I had to follow His direction. He was not messing around.

I believe God speaks to each of us in ways that are unique to us. After all, He created us uniquely. He knows the best way to communicate with us, and how He speaks to one person might be entirely different for another. God can do whatever He wants to do, and nothing is beyond His limits or capabilities. He can use any means to get our attention and any way He desires to speak to us.

If we're not hearing Him, could it be we're not listening? Could it be we're just not hearing Him because we're listening to the wrong voices? Or could it be we just aren't paying attention to what He has to say?

This world is beyond noisy some days and it can easily drown out God's voice in our lives. Especially if our ears are only in tuned to what the world is yelling at us. It's easy to hear loud, clamoring voices, but maybe not so easy to hear the sweet, still, small voice of God. But we can train ourselves to hear His voice. It just takes practice and patience.

### **How can we listen for God's voice and quiet the voices of the world?**

A few ideas are:

We could begin our day in quiet with God. Read His Word and ask Him to speak to us, to reveal Himself to us, to guide us, and to lead us.

Jeremiah 33:3 ESV says, "Call to me and I will answer you, and will tell you great and hidden things that you have not known."

We could ask for the Holy Spirit to speak to us and to equip us throughout the day.

John 16:13 ESV says, "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come."

Also, we could find times of silence during the day to just be still.

Psalms 37:7 ESV says, "Be still before the Lord and wait patiently for him..."

God desires to communicate with us, and when we're serious about hearing His voice in the ways He's chosen to speak to us, we will hear Him. We won't question, "Did God say that?" We will know and understand His voice clearly. Let's be intentional in paying attention to His voice today.

## **2 - Checking my thoughts**

I can struggle with my thoughts often. Without paying attention, a negative thought about myself or someone else can enter my mind and cause me to dwell on it. Or a care, concern, or worry can work its way into my brain and in a matter of seconds I'm off on a string of thoughts filled with dread and despair! It's crazy how quickly this can happen. Does this ever happen to you, too?

I've started to challenge those thoughts with the question, "Did God say that?" "Did God say I'm a mess?" (when I say I am) or "Did God say I'm to stress about this?" (when I'm stressing) or "Did God tell me to worry about this situation?" (when I'm worrying). The answer to all these questions is always no. God would never consider me a mess, would say I am to stress, or would tell me to worry about anything. This question is stopping so many negative and unproductive thoughts from taking me down paths I don't need to travel.

Try asking yourself this question when thoughts similar to these try to overtake your mind. Did God say that?

### **3 - Basing what I believe on truth**

Is what I believe, and the foundations of my belief, based on truth or someone else's opinion? Or is what I'm reading in a book or hearing on a podcast based on truth? God's Word says there are many false teachers out there, and we are to be careful not to be led astray. And it definitely matters what we believe. So many things can affect our beliefs, including what or who we listen to and what we read.

So when I hear something or read something about God or the Bible or a belief about faith in Jesus, I'm now asking, "Did God say that?" I'm backing up what I believe with Scripture. I guess some might call this "being a Berean."

In Acts 17:10-15 NIV, the Bereans lived in Berea in Macedonia. They are described as "noble" and received Paul's and Silas' message with "great eagerness." And in verse 11 it reads, they "examined the Scriptures every day to see if what Paul said was true." As a result, numerous people believed the Gospel message. I want to be a Berean and examine the Scriptures to make sure what I'm reading and listening to is true by asking, "Did God say that?"

### **4 - Questioning what I do**

I'm one who loves a routine. And once I get into one, I just keep doing what I've always done without thinking much about it. do you do this, too? When the new year rolled around, I took a quick glance at my schedule to see if I need to make any changes, but I didn't really seek God as I did. But now that I'm asking the question, "Did God say that?" I'm pausing to ask it regarding my schedule and my routines.

Did God say I am to continue getting up at 5 a.m.? Did God say I am to continue watching my grandsons one day a week? I'm even asking, did God say I am to add anything or take anything away from what I'm currently doing? Because I know if I'm doing what God wants me to, if I'm smack-dab in the center of His will, then I will find true fulfillment and joy. I will be fulfilling God's calling on my life. But if I'm not, then I'll be doing whatever it is in my own strength, not in His. Because if it's not His will, I won't have His strength to do it. I've learned this the hard way.

So, I want to make sure I'm doing what He wants me to do. I assume you're the same here. You want to do what God wants you to do. But do we ever stop to ask and wait for the answer? Did God say we're to do all we're doing? Or are we just doing it out of habit, or obligation, or something else?

## **Can you see how the all-important question, "Did God say that?" can impact numerous areas of our lives?**

I invite you to ask this question in your own life. And to see how God directs you with it and answers you through it. Maybe even in these same four areas of listening for God's voice, checking our thoughts, basing what we believe on truth, and questioning what we do. You might find it all enlightening like I have.

Because don't we want God's best for our lives? Don't we want to live the ways He's called us to? And don't we desire to grow into the people He desires us to be? Seeking Him and asking questions like this will help us with all of these.

It's interesting how four little words can make such an impact, isn't it?

I'm praying for you and for me in this today. It's not an easy question to answer always, at least I'm finding that to be true. But it's helping me live a more faith-filled and fruit-filled life in Jesus. Not perfect but He doesn't expect perfect, now, does He?

We're discussing this further this week in our private Encouragement for Real Life Community on Facebook. I invite you over there to join in the conversation. You'll find the link to this group in the show notes.

And if you found some encouragement in this episode, would you consider rating it or reviewing it from wherever you're listening today? This helps others find this encouragement too. Subscribe to the podcast so you never miss an episode. And share it with another who could use some encouragement today.

In closing, I pray this all-important question of "Did God say that?" will help you draw closer to God and experience His peace, presence, and provision unlike you ever have before. He loves you so very much! May you know just how much today. I'm grateful for you and your presence here, and I'm glad to cross paths with you today. I'm cheering you on, friend! God bless you!

Links in this episode:

Episode 130, [Are You Listening with Michelle Layer Rahal](#)

[Jeremiah 33:3](#) ESV

[John 16:13](#) ESV

[Psalm 37:7](#) ESV

[Acts 17:10-15](#) NIV

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*Julie Lefebvre*