

Call Reflection Journal

*A companion to Chapter 1: Hearing the Call
A guided space to listen, reflect, and respond to God's voice.*

Introduction

When God calls, it's rarely through the noise of the world — it's in the quiet, the ordinary, and the often-overlooked moments. This reflection journal is designed to help you slow down, listen, and recognize how God may already be speaking into your life.

Each section invites you to reflect prayerfully on your own story, to identify the distractions that compete for your attention, and to discern what God might be saying in this season. Use these prompts as conversation starters with God. Write, pray, and rest in the truth that He is near — and that His voice is still calling today.

Take your time. Don't rush through the pages. Let the stillness itself become a sacred space where you can listen for His whisper.

Centering Scripture

“Speak, Lord, for your servant is listening.”
— 1 Samuel 3:10

Take a few quiet moments to settle your thoughts before God.

Read the verse slowly several times.

Imagine yourself in Samuel’s place — the stillness of the night, the uncertainty of the voice, the moment of realization that it is God speaking.

Reflection Prompt:

When you read Samuel’s response to God, what stirs in your own heart?

Write your own *“Here I am, Lord”* prayer below.

Noticing the Noise

The first step in hearing God’s voice is recognizing what else is competing for our attention. Sometimes the noise comes from outside us — the constant hum of work, family demands, and digital distractions. Other times, it’s internal — our doubts, fears, and expectations.

Reflection Prompts:

- What are the loudest “voices” in your life right now?
- Which of those voices might be drowning out God’s call?
- Are there any that God could be using to get your attention?

Use the space below to name what feels loudest in your world right now.

Tracing Your Story

God's call rarely comes out of nowhere. Often, it's woven through our past experiences, shaping us long before we realize it.

Reflection Prompts:

- Can you recall a time when you sensed God nudging you toward something new?
- Were there moments when you felt an inner pull toward serving others, or toward a deeper relationship with Him?
- How did you respond at the time?

Write down any memories or moments that come to mind. Don't overthink — simply notice where God's presence seems to echo through your story.

Voices of Encouragement

God often speaks through the people around us — mentors, friends, family members, and sometimes even unexpected voices. Their encouragement can help confirm what God is already stirring within us.

Reflection Prompts:

- Who has affirmed your gifts or encouraged you toward ministry, service, or leadership?
- What specific words or gestures of encouragement have stayed with you?
- How do these affirm what you sense God may be saying to you?

Take a few moments to write the names and words of those people here.

A Next Step

God's call becomes clearer as we respond to it in small ways. Sometimes the most faithful response is simply to make space to listen.

Reflection Prompts:

- What is one small practice you could begin this week to create room for God's voice in your daily life?
- Consider ideas like taking a short prayer walk, turning off notifications during Scripture reading, or reaching out to a trusted friend for prayer.

Write your next small step below — something simple, doable, and intentional.

Closing Prayer

A Prayer for Hearing God's Call

Almighty God,

who spoke to Samuel in the night and to Isaiah in the temple,
who called fishermen from their nets and a persecutor from his zeal,
open my ears to hear your voice.

Quiet the noise within and around me,
that I may discern your will and follow faithfully.

Through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. **Amen.**