

## Show Notes EPISODE 3 – CONVO WITH GOD

As I began planning how my podcast would roll out, I was reminded that while it is not religious, it is faith based, because I am.

So, of the 4 quadrants, physical, mental, emotional and spiritual...it made sense for spiritual to get the ball rolling.

My foundation and worldview are inseparable from my relationship with my King. Decisions I make about everything start and end with Him.

I love my church and the leadership there. However it is huge and I don't really have a deep relationship with most of them. Frankly within a church family the best connections are in the weekly small groups. The small group I recently joined is truly great for my season and time of life. It has been too recent to consider anyone within the group a mentor or spiritual leader for me. The reality is, my whole life, and especially since my divorce, my Lord and Savior has been my spiritual leader. There isn't a day we don't go over the schedule before I head out and evaluate how it went before bed.

A lot of people, including my Christian friends, think I sound a little crazy when I talk about my morning prayer time as an "outloud" conversation with God. There are many times His response is audible. He and I have dispensed with subtlety and I need in your face honesty.

He speaks to me through His word. Through other people. Through signs that only He and I are privy to. I have the Holy Spirit as well and I need to listen to that "voice inside my head" pointing out when I am reaching for the knob of a door that is not for us. I tell Him to chain and lock the door and then set flaming seraphim in front of it for good measure.

I try to set myself up for a great day by preparing each area of my life for success. I do have coffee, but first I have at least a little water with electrolytes so hydration sets the tone. Mentally and emotionally I try not to let the light of a device be the first thing my eyes see. I head outside and let the morning air and the rising sun get first dibs. I do an inductive bible study for my personal scripture and meditation time and am a geek about this type of drill down. Then, after reheating my cup of coffee and curling up on my couch that faces out the window to the sunrise in the east...the conversation begins.

I was aware I was filming of course, but this is truly how it goes. I breathe and just listen for 10-15 minutes after for His response. I didn't think you all would stick around for that length of silence on a podcast, lol. But it is probably the most important part of my prayer time. Shutting up and hearing my King speak.

It sets the tone for the day and allows me to choose joy. You should give it a try. I promise He is listening.

This podcast stuff is new to me and I would love your reviews and ratings so I can learn and grow. Thank you for coming to class...class dismissed.

Connect with God:

[www.bible.com](http://www.bible.com)