

# Anchored

## Discerning the Voice That Leads You

*‘The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me.’*

— JOHN 10:27 (AMP)

**When life gets loud, it’s easy to forget that God still speaks.**

Not with chaos or confusion, but with clarity, peace, and truth. His voice doesn’t compete with the noise—it calls you out of it. But in order to hear Him, you have to slow down, tune in, and become aware of what’s been leading you. This week is about practicing self-awareness—not just as a psychological tool, but as a spiritual invitation. Because you can’t follow the Shepherd if you don’t recognize His voice.

Let this guide help you pause, reflect, and realign with the only voice that truly knows you—and will never lead you astray.

# ANCHORED: THE VOICE THAT LEADS YOU — JOHN 10:27

*The voice you follow will shape the life you live.*

Not every voice deserves your trust.

Only one voice knows you fully, loves you completely, and leads you faithfully.

*Listen for the Shepherd. Follow Him*

## Spiritually Anchored:

God is still speaking—but we often miss His voice because we've been following others for so long. Jesus promises that His sheep hear His voice and follow Him. The challenge isn't His silence—it's our tuning. Fear, shame, and survival patterns can all disguise themselves as truth, but they don't lead to life. The Shepherd's voice is steady, truthful, and full of grace. It leads with peace, not pressure. This week, ask honestly: Who's been leading me? And remember—you can always return to the voice of the One who knows you, loves you, and calls you by name.

## Clinical Insight:

From a clinical standpoint, the voice you follow is often shaped by old patterns—internalized beliefs from past experiences, trauma, or fear. These voices operate on autopilot until you become self-aware enough to recognize them. That's where healing begins. Neuroscience confirms what Scripture teaches: you can rewire your brain by intentionally choosing a different voice. The more you follow truth, the stronger that pathway becomes. Self-awareness interrupts the cycle—and gives you the power to stop reacting from fear and start living from a secure, grounded place.

## Anchored Prayer

Father,

Thank You for the cross—where forgiveness was secured for every sin, every wound, every offense. Help me to stop striving for what You've already given. Teach me to release those who've hurt me, not because they deserve it, but because I don't want to carry the burden any longer. And Lord, help me to agree with Your verdict over my life. I am forgiven. I am loved. I am new.

In Jesus' name,  
amen.

## Life Application:

*Discerning the voice that leads you isn't just a spiritual or psychological insight—it's a daily decision. And the only way to consistently walk in truth is to intentionally create space for awareness. That starts with asking honest questions and giving yourself permission to pause before reacting, choosing, or spiraling.*

*Here are a few practical ways to live this out:*

### *1. Practice the Pause*

*Before making a decision, responding emotionally, or slipping into old habits—pause. Even for 10 seconds. Breathe deeply and ask, “Whose voice am I listening to right now?” That question alone can disrupt a fear-based cycle and reconnect you to truth.*

### *2. Journal the Dialogue*

*Take 5–10 minutes a day to write down the thoughts running through your mind. Then ask:*

*Where did this thought come from?*

*Does this sound like the voice of Jesus or something else?*

*What is this voice leading me toward?*

*You'll be surprised how quickly patterns emerge—and how often the voice of fear or shame has been quietly steering the wheel.*

### *3. Name & Replace*

*When you identify a false or harmful voice (e.g., “I have to prove my worth” or “I can't trust anyone”), replace it with a truth-rooted alternative (e.g., “My worth is secure in Christ” or “God surrounds me with trustworthy people”). This is where rewiring begins—through conscious substitution reinforced with compassion and repetition.*

### *4. Create Quiet Space*

*You can't hear the Shepherd's voice if your soul is constantly loud. Carve out 5 minutes of silence a day—not to perform or achieve, but to simply be still. Invite the Holy Spirit into that space. Say, “Speak, Lord—I'm listening.” He honors that posture.*

### *5. Let Community Reflect It Back*

*Sometimes it takes a safe person to help you hear what you've been agreeing with. Invite a trusted friend, mentor, or counselor to help you name the voices shaping your choices. Healing often accelerates in community.*

*You don't need to change everything overnight. But this week, begin paying attention. Notice what voice rises in the quiet. Notice what drives your reactions. And then, on purpose, choose to follow the voice of Truth—even if it's quieter at first.*

## Breathwork: “Tuning In To Truth”

This short practice is designed to calm the nervous system and reconnect your heart to the voice of your Shepherd.

**Posture:** Sit comfortably with your feet grounded, spine tall, and hands open on your lap—palms up in a posture of listening and surrender.

### *Step 1: Grounding Breath (x3 rounds)*

- Inhale slowly through your nose (4–6 seconds): “I belong to You.”
- Hold for a moment.
- Exhale gently through your mouth (6–8 seconds): “Help me hear Your voice.”

### *Step 2: Listening Pause*

- After your third breath, close your eyes and whisper: “Speak, Lord—I’m listening.”
- Then simply sit in stillness for 1–2 minutes. Let your breath stay slow and steady. Let silence become a sanctuary. Trust that He is near—even when you don’t feel it.

### *Step 3: Anchoring Declaration (repeat softly)*

- Inhale: “You are my Shepherd.”
- Exhale: “I choose to follow You.”

*Let every breath become a return.*

*Not to performance. Not to pressure.*

*But to Presence.*

## Journal Prompts:

**What voice have I been listening to most this week—and how has it shaped my thoughts, choices, or emotions?**

(Be honest. Is it fear? Control? People-pleasing? Shame? Or is it truth? Grace? The voice of your Shepherd?)

**What would change in my daily life if I consistently followed the voice of Jesus over every other voice?**

(Think practically—your reactions, your rest, your relationships, your sense of worth.)