Internal Quietness is Essential

For those who are not well experienced in hearing clearly with their spirit, the only way to easily hear what the Spirit is saying is to find a quiet place and listen.

In quietness, our internals (our mind and soul) can be more at rest, allowing the focus to be more on our spirit. Practising the process of being quiet, as we live in this busy world, will heighten and experience us to hear more easily. Practice makes us more sensitive to hearing with our spirit, so it's something that we should do as much as we possibly can.

In a recent message, Father instructed us on the need to be quiet so we can hear and know what he wants from us to do:

> *"'"Refuse to allow internal turmoil to interfere with what you know your next step is. Be quiet internally so that you can hear my voice and do my bidding," says the Lord. "Turmoil breeds confusion. Be still."'"*[1]

"Internal turmoil" is the stress, anxiousness, relational difficulties, etc. which can fill our mind all day long. These can be just as distracting as the busyness of life. In fact, they're more likely to hinder our spiritual hearing because they block our spirit, rather than activities which take up our time.

To remain in alignment with Father and our King, it's essential that we hear clearly with our spirit. Alignment is one of the most important instructions that our King has given us on a regular basis over the past 10 years or so. Hearing from him with our spirit is the way sons are meant to operate, as he'll tell us what he wants us to do and say, and where to go. Alignment keeps us working with him, rather than being ineffectively, or even working against him.

Over time, as we become more experienced and sensitive, and as we mature in our sonship, we're more able to remain in a state of hearing with our spirit, despite our busyness. The only catch here is still keep our spirit sensitive to being able to hear above the 'noise' and tension of life.

REMEMBER: The old adage – 'practise makes perfect'.

►►My archived teaching articles are HERE, HERE & HERE ◄◄

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – Marsha Burns "Small Straws in the Soft Wind" (Sept. 29, 2026) www.ft111.com [distributed e-message]