

Noticing the Spirit

A 7-Day Journey Toward Spiritual Awakening



Rooted in Jesus. Led by the Spirit.
Living in Simplicity.

Welcome.

There's a quiet invitation stirring in you.
Not loud. Not forced. Just... there.

A desire to slow down.
A hunger for something more.

A longing to feel God again — or maybe for the first time.

You don't have to chase the Spirit.
You simply begin by noticing.

What This Is

Noticing the Spirit is a 7-day journey designed to help you awaken to the presence of God in the everyday. It's not a study. Not a pressure-filled checklist. Not a performance.

It's a pause.
A space.
A soft place to listen.

What to Expect

Each day, you'll receive:

- A brief reflection (1–2 minutes to read)
- A short scripture to center your attention
- A “Noticing Prompt” to carry into your day
- A closing prayer

There's no pressure to “feel” something big. This is about paying attention. Making space. Letting the Spirit speak in quiet ways — right where you are.

Who This Is For

This journey is for you if:

- You feel spiritually numb, dry, or disconnected
- You're curious about God but unsure where to begin
- You're craving renewal, peace, or purpose
- You're reawakening after a long pause in your faith
- You're hungry for something real — not religious performance

How to Begin

Just start with Day 1, and let the Spirit lead from there.

Take your time. You can go one day at a time, or linger longer.

Journal if you'd like. Or just notice what stirs in you. If possible, find a quiet moment each day to pause, breathe, and be.

A Final Word Before You Begin

You don't have to be “spiritual enough” for this. You don't have to understand everything. You just have to show up — open, honest, willing.

God is already near.

Let's begin noticing.

Day 1 – The Hunger Beneath the Noise

Scripture Anchor:

“Come, all you who are thirsty,
come to the waters;
and you who have no money,
come, buy and eat!
Listen, listen to Me, and eat what is good,
and you will delight in the richest of fare.”
— Isaiah 55:1–2 (NIV)

Reflection:

There’s a kind of hunger that no amount of success, noise, or religion can satisfy. God knows that hunger — He put it there. When Jesus spoke to the crowds, He often began with a call: “If anyone is thirsty...”
Not: * “If anyone has it all figured out...”
Not: “If anyone is good enough...”
But thirsty.

What if the ache inside you is actually an invitation?
Not to try harder, but to come closer.

Noticing Prompt:

Where do you feel spiritual hunger right now
— even if you've tried to ignore it?

Space to Respond:

Prayer:

*Jesus, I bring You my thirst. Help me hear You
calling me to the water.*

Day 2 – A Gentle Knock

Scripture Anchor:

*“Here I am! I stand at the door and knock.
If anyone hears my voice and opens the door,
I will come in and eat with them, and they with Me.”*
— Revelation 3:20

Reflection:

God does not barge in.

He doesn't shout to be heard.

He knocks. He waits. He whispers.

And when we open the door — even a crack —
He brings communion, not condemnation.

What if the stirrings you feel lately... the questions, the restlessness, the quiet ache... are actually His knock?

Noticing Prompt:

Have you sensed God gently trying to get your attention lately?

What if that moment wasn't random?

Space to Respond:

Prayer:

Jesus, if You're knocking... I want to open. Give me courage to respond.

Day 3 – The Sound of Your Name

Scripture Anchor:

“My sheep listen to My voice; I know them, and they follow Me.”

— John 10:27

Reflection:

God doesn't just speak to us — He speaks with us. Not as strangers, but as beloved ones. He knows your name.

And like a shepherd to a lamb, He's calling you — not to performance, but to presence.

Sometimes we imagine that only the spiritually elite hear God. But Jesus says His sheep know His voice.

Noticing Prompt:

What does God's voice feel like to you — even if you're still learning?

What words or impressions have lingered in your heart recently?

Space to Respond:

Prayer:

Speak, Lord... I want to learn to recognize Your voice.

Day 4 – When You Feel Unqualified

Scripture Anchor:

*“‘Woe to me!’ I cried. ‘I am ruined!
For I am a man of unclean lips...’
...Then one of the seraphim flew
to me with a live coal in his hand...
‘See, this has touched your lips;
your guilt is taken away.’”*
— Isaiah 6:5–7

Reflection:

Many of us keep our distance from God not because we don't believe — but because we feel unworthy.

Our failures echo louder than His promises. But when Isaiah had his encounter with God, the first thing heaven did was cleanse him, not condemn him.

That's still how Jesus meets us today. He doesn't say "Clean yourself up first." He says "Come to Me, and I will make you clean."

Noticing Prompt:

Are there areas in your life that make you feel unqualified to draw close to God?

Space to Respond:

Prayer:

*Jesus, I bring my mess to You. Make me clean.
Draw me close anyway.*

Day 5 – The Quiet in the Chaos

Scripture Anchor:

*“After the earthquake came a fire,
but the Lord was not in the fire.
And after the fire came a gentle
whisper.”*

— 1 Kings 19:12

Reflection:

Elijah was desperate. Exhausted. Alone.
He wanted to quit.

But God didn't show up in the spectacle — not in
the wind, the quake, or the fire.
He came in a whisper.

We often look for God in big feelings or dramatic
moments.

But sometimes He waits for us in the silence —
whispering into the quiet center of our chaos.

Noticing Prompt:

What distractions or internal noise might be dulling your ability to hear God's whisper?

Space to Respond:

Prayer:

Lord, still my heart enough to hear You... even in the quiet.

Day 6 – Come and See

Scripture Anchor:

“*Come and see,*
said Philip.”
— John 1:46

Reflection:

When a man named Nathanael had questions about Jesus, his friend didn't try to explain everything. He just said: “*Come and see.*”

Jesus invites you the same way — not to figure everything out before following, but to follow, and let the truth unfold along the way.

Your questions are welcome. Your doubts don't disqualify you.

You are invited to *come and see.*

Noticing Prompt:

What part of your heart wants to follow Jesus, even if your mind still has questions?

Space to Respond:

Prayer:

Jesus, I want to come closer. Help me walk with You, even in the unknown.

Day 7 – The Invitation to Surrender

Scripture Anchor:

“Then Jesus said to His disciples, ‘Whoever wants to be My disciple must deny themselves and take up their cross and follow Me.’”

— Matthew 16:24

Reflection:

This journey always leads to a crossroads: surrender.

But it’s not surrender to guilt or shame — it’s surrender to love.

To a King who gives His life for yours.

To a Shepherd who lays down His own body to rescue you.

Following Jesus means trusting Him more than yourself.

It means saying “yes” — even if it costs you something.

But it leads to everything.

Noticing Prompt:

What is Jesus inviting you to surrender — not out of fear, but out of love?

Space to Respond:

Prayer:

Jesus, I give You my 'yes.' I lay down my fear and follow You.

Closing Invitation

Still Not Sure What to Do Next? That's Okay.

This wasn't a checklist.

It was a way to notice God's presence and voice in your real life.

If you sensed something — even just a flicker — don't rush past it.

You don't have to have it all figured out.
Just keep showing up to Jesus. Keep listening.
Keep saying yes.

If you'd like to connect with someone walking the Simplicity way...
we're here. No pressure. No pretense.

Just people following Jesus together.

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