

Lesson One

My Prophetic Journey

*“Before I formed you in the womb I knew you,
and before you were born I consecrated you.”*

Jeremiah 1:5

Key Truth

God begins shaping our lives long before we understand what He is doing. The prophetic journey does not start with maturity, accuracy, or titles. It begins with God’s initiative and our willingness to respond. Every believer has a story where God has been speaking, stirring, and preparing them, even when they did not yet have language for it.

“Before I formed you in the womb I knew you, and before you were born I consecrated you.” **Jeremiah 1:5**

Take a moment to read this verse slowly. Let it remind you that your story did not begin by accident. God has always been intentional with your life.

Reflection

Answer these questions honestly. There are no right or wrong answers. Share only what you feel led to share if you are in a group.

Looking back over your life, are there moments where you now recognize God was speaking or guiding you, even before you understood it?

Have there been seasons where your spiritual sensitivity felt strong, and seasons where it felt silent or distant? What do you believe contributed to those shifts?

Are there gifts, sensitivities, or spiritual impressions that may have gone dormant because of pain, sin, fear, or discouragement?

What part of your story do you sense God may want to redeem or awaken as you begin this prophetic journey?

Listening Exercise: Recognizing God's Hand in Your Story

Find a quiet place. Take a few slow breaths and invite the Holy Spirit to meet you.

Ask Him this simple question:

“Holy Spirit, where have You been speaking to me throughout my life?”

Do not rush. Do not analyze. Write down any memories, images, feelings, moments, or impressions that come to mind. These may be joyful, painful, or quiet realizations. Trust the Spirit to highlight what matters.

If nothing comes immediately, remain at peace. Silence is not failure. Sometimes God is gently building trust before revealing more.

Use the space below to write what you sense:

Obedience Step: Honoring What God Has Already Given

Based on what you reflected on or sensed during this exercise, identify one simple step of obedience you can take this week.

This may include thanking God for something He revealed, repenting of something that dulled your spiritual sensitivity, choosing sobriety in thought, behavior, or attitude, setting aside intentional quiet time, asking God to awaken what has gone dormant, or writing your story out in prayer.

This week, I will:

Group Encouragement (Optional)

If you are doing this workbook in a group, remember that every prophetic journey looks different. There is no comparison here. Some stories are dramatic. Others are quiet. Both are sacred. Honor one another's journeys and allow love to guide every conversation.

Closing Prayer

Holy Spirit, thank You for being present throughout my life, even in seasons when I did not recognize You. I invite You to awaken what You have placed inside me. Heal what has been wounded. Restore what has been silenced. Teach me to walk with You in humility, obedience, and love. I trust You with my story. Amen.