

5-DAY PROPHETIC COURSE

HEAR GOD'S VOICE

FIVE-DAY ASSIGNMENT REFLECTIONS

In the context of my ongoing prophetic formation

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Introduction

Hello!

I am thrilled and honored to be part of our next three months together, and beyond. I was first introduced to Christian International (CI) about six months ago in March 2026. I am enjoying this wonderful prophetic formation season.

This month has also been my first month in the Bethel Emerging Prophets Masterclass, which runs for a year at a time. I was recently also actively engaged online in the Bethel School of the Prophets. Every single word I received throughout the week was consistent with what God is doing and has been showing me, and He would immediately show me the interpretation and application while the word was being given to me.

Except for one word that I received at 1:00 a.m. EST on that Friday when the final session ended in Redding, California and online. Since then, every single day, God shows me how that one word plays out in my life, in what He is doing, and in where He is leading me every day. That word is literally why I am here now with all of you at CI SOP Fall 2026. I look forward to continuing to grow in prophetic formation.

My prophetic journey began about 25 years ago in college, then through foundational teaching and early activation at The Well in Connecticut, followed by additional training and prophetic ministry experience in Minnesota and Wisconsin. In 2026, I entered a newly concentrated season of prophetic formation especially accelerating in March and April, through Arise Church and Church at South Shore locally, then through a 14-day missional journey to the northeastern United States, then through the Christian International Watchman Conference in July, then the Bethel School of the Prophets in August, and then the ongoing Bethel Emerging Prophets community, and now also with you all at CI SOP Fall 2026.

My calling brings physical and spiritual cardiology together: listening closely to the heart, recognizing the heart of God, and strengthening people to respond faithfully to His voice. I am grateful to grow alongside this community in Scripture, character, discernment, courage, humility, and responsible stewardship.

DAY 1

Hearing God's Voice

My reflection

God has already established a rich and varied language of communication with me. This course invited me to become more attentive, intentional, and disciplined in recognizing that language. Hearing God involves relationship. It unfolds through familiarity with His presence, His nature, Scripture, prayer, spiritual impressions, internal knowing, visual images, words, bodily awareness, circumstances, worship, dreams, repeated themes, and confirmations that emerge over time.

Established ways of hearing

- Words or phrases that arrive with unusual clarity
- Images and symbolic pictures
- Internal impressions and sudden understanding
- Interpretations that emerge while a prophetic word is still being spoken
- Scripture that illuminates an impression
- Repeated themes across independent settings
- Music or lyrics that acquire immediate personal meaning
- Physical or environmental sounds that become occasions for spiritual attention
- Patterns unfolding through travel, relationships, invitations, and assignments
- Confirmation through subsequent events and visible fruit

The steady hum of an air-conditioning system became an occasion for spiritual attention. Within that ordinary sound, I recognized the reminder:

“I am speaking. I am always speaking.”

I receive this as a significant formation insight. God's communication is rooted in His living relationship with me. Training communities strengthen my recognition and stewardship, while daily attentiveness keeps the relationship immediate and personal.

Stillness and attention

1. Become still before God.
2. Invite the Holy Spirit to direct attention.
3. Observe what emerges.
4. Record the experience before interpreting it extensively.
5. Weigh the impression through Scripture, prayer, wisdom, and fruit.
6. Respond faithfully at the appropriate time.

Written record

- Date and setting
- Exact words or images received
- Immediate emotional or physical response
- Initial interpretation
- Possible application
- Relevant Scripture
- Trusted counsel
- Subsequent confirmation
- Action taken
- Fruit observed
- Questions still being held before God

Formation insight and commitment

My aim is increasing fluency in the language God has already been using throughout my life. My approximately 25-year prophetic history provides a substantial foundation. Through the concentrated formation of 2026, I am bringing earlier experiences into greater coherence, language, discipline, and stewardship.

I will make room to listen, record what I receive carefully, and allow understanding to mature through prayer, Scripture, wise counsel, obedience, and fruit.

DAY 2

Prophetic Formation and Guidance

My reflection

God's guidance in my life frequently appears through convergence. A word, image, Scripture, invitation, relationship, place, or assignment may begin as one strand. Meaning becomes clearer as several strands gather around the same direction. My medical, scientific, teaching, creative, entrepreneurial, and prophetic callings increasingly illuminate one another.

Revelation, interpretation, and application

Stage	Guiding question
Revelation	What did I actually receive?
Interpretation	What might it mean?
Application	What response may be appropriate?

I use this distinction to protect the original impression, allow interpretation to mature, and keep my eventual response proportionate. If I receive an image of a key, I first record it simply as a key. I may then consider access, responsibility, authority, timing, entry, permission, stewardship, or an apparently small instrument opening a significant door. I allow application to emerge through context, prayer, confirmation, and timing.

A portable place of formation

- Scripture
- My journal
- A map of the United States
- Prophetic words
- Formation notes
- Travel and ministry records
- Emerging assignments
- People and regions held in prayer
- Interpretations, applications, and confirmations

Geographic guidance

- The South Shore corridor of Florida as a meaningful local point of formation and service
- Connecticut as an early foundation in my prophetic development
- Philadelphia as a recurring relational, professional, spiritual, and missional location
- The broader United States as an initial field of strengthening and service
- International nations as an expanding horizon

During my 14-day northeastern missional journey, I experienced professional invitations, hospitality, prayer, relationships, and discernment traveling together. I understand that journey as an early model for my longer 2027 missional journey around the United States.

Guidance through responsibility

Strengthen those who serve. Equip them. Help them return renewed. Send them forward with greater clarity and stewardship.

This includes spiritual leaders, servants, emerging prophetic people, professionals, learners, and communities carrying meaningful responsibility. My physical and spiritual cardiology calling belongs within this pattern: listening for what is happening within the human heart and for what reflects the heart of God.

I will preserve revelation carefully, interpret patiently, apply responsibly, and continue mapping the places and assignments that God brings into focus.

DAY 3

Fear of Authenticity

My reflection

A primary fear I recognize in relation to prophetic visibility is the possibility that other people will become publicly aware of my imperfections. Whether an imperfection appears as small as an ant or as large as a mountain, it remains personal. I value privacy, and I recognize that wisdom governs access. I want to discern what belongs in public testimony, what belongs within trusted relationships, and what remains sacred before God.

Fear of public exposure

Greater prophetic visibility can create a sense of standing in full view. I may feel drawn to become smaller, remain partially hidden, or reduce the expression of my calling. I am concerned about being evaluated without context or treated as though public service grants unrestricted access to private life. I sense God inviting me into wise visibility.

- A beacon on a hill
- A bright diamond
- A lighthouse drawing attention toward God
- Light passing through a real and imperfect human life
- A testimony that communicates: "God chooses to love me. He chooses to love you too."

Authenticity, access, and sacred privacy

Authenticity means truthful presence. It allows my public voice, private life, values, body, intellect, relationships, faith, and calling to belong to one integrated person. Sacred privacy remains part of that integrity. Every audience receives the portion appropriate to the relationship, purpose, timing, and level of trust.

Visibility can be purposeful, bounded, truthful, and wise.

The fear of becoming responsible for everyone

I also recognize a concern about becoming the central point through which many people seek care, guidance, solutions, or stability. This connects with the image of the hub and spokes: feeling that the whole wheel depends upon my presence at the center. I want to strengthen people while cultivating their maturity, equip them to hear and steward, build resources that serve beyond my direct presence, distribute responsibility, and honor human limits.

Imperfection and grace

The thorn reveals the limit. The limit dismantles the performance. Grace meets the exposed person. Authenticity gives that person a voice.

Responsible emergence

7. Name what I am experiencing.
8. Understand the fear and its history.
9. Receive God's love and grace.
10. Integrate every dimension of my identity.
11. Discern audience, timing, and purpose.
12. Frame the testimony responsibly.
13. Offer what serves others.
14. Release control over reception.
15. Steward the resulting influence and fruit.

I can be visible with wisdom. God can teach me how to emerge while preserving sacred privacy. My authenticity can carry His light while my boundaries remain clear, purposeful, and faithful.

DAY 4

Spiritual Activation and Reset

My reflection

Fully receiving what God is releasing may require a meaningful reordering of time, comfort, control, relationships, habits, and familiar rhythms. The appropriate posture is open-handed readiness. I can remain attentive to whatever God asks me to release, restructure, begin, deepen, or steward differently.

The cost of full reception

- Time
- Comfort
- Control
- Familiar routines
- Existing habits
- Relational patterns
- Pace
- Attention
- Energy
- The security of remaining less visible
- The freedom to keep every part of life operating as it has before

The governing response is trust. God can reveal each adjustment in its proper time and provide wisdom for sustainable obedience.

Generational spiritual inheritance

Faith and teaching are present through both sides of my family, expressed through different people and in different forms. These deposits have contributed to my spiritual life and capacity to teach. My generational contribution will extend primarily through spiritual descendants.

- Teaching
- Activation
- Encouragement
- Prophetic impartation
- Writing
- Digital resources
- Formation programs
- Mentoring
- Responsible modeling
- Institutions and communities designed to outlive my direct involvement

Fear, unworthiness, and perceived laziness

I identified three possible barriers to activation: fear, unworthiness, and laziness. I examined the word “laziness” carefully. I carry many assignments and responsibilities and do not identify as a lazy person. In this context, apparent inactivity may arise from overextension, dispersed attention, uncertainty about priority, fatigue, or hesitation before a consequential step.

Which assignment is God presently emphasizing, and what focused act of obedience belongs to this season?

Focused activation

In prayer, I identified a significant kingdom action: develop a child-centered resource that helps young people recognize and steward spiritual gifts safely and responsibly. I developed the concept into a broader framework of whole-heart prophetic stewardship.

Movement	Practice
Hear	Notice and record the impression.
Examine	Consider Scripture, context, and meaning.
Ask	Involve an appropriate trusted adult.
Respond	Take a safe, proportionate action.
Track	Observe confirmation, outcome, and fruit.

I will ask God for the present priority, give it focused attention, and allow activation to proceed through concrete, sustainable obedience.

DAY 5

Prophetic Word Log

How I use the log

I gather significant words and images into one living prophetic-word log. This practice protects exact language, reveals recurring themes, distinguishes interpretation from revelation, and allows me to review confirmation and fruit over time.

ROYALTY

Identity, responsibility, Kingdom representation, and carrying authority with humility. Royalty points toward belonging to the King and carrying His character and purposes.

The crown

Repeated crown imagery confirmed the royalty theme. "I crown you Mine. You are bearing My crown." The crown represents belonging before prominence. Authority flows from relationship with God.

The small key

"A small key opens big doors." An action, resource, relationship, decision, or act of obedience may appear modest while carrying substantial reach.

Keys and open doors

Access, permission, responsibility, authority, timing, strategic entry, and opportunities requiring wisdom. An open door creates a responsibility to listen regarding how to enter and serve.

Kings and heads of state

Influence among people carrying substantial authority and responsibility, expressed through wise counsel, spiritual attentiveness, integrity, and service.

Discipling nations

Strengthening leaders, developing formation systems, teaching stewardship, creating scalable resources, serving communities across regions, and bringing physical and spiritual cardiology together.

"Now is the time"

A word of activation and season. The response includes timely obedience, focused preparation, and willingness to move as direction becomes clear.

Three people within nine to twelve months

A word retained for prayerful observation. Each emerging relationship can be evaluated according to fruit, alignment, timing, and purpose.

The hidden face

A connection to visibility, privacy, and emergence: revealing the portion of identity that serves God's purpose while retaining wise boundaries.

Movement from "Sab" toward "Sherry"

Movement toward fuller personal visibility and integration of public calling with the whole person.

The angel behind the left shoulder

An image of spiritual accompaniment, protection, support, or unseen assistance, held through prayer, Scripture, confirmation, and fruit.

The letter "M"

A symbol whose meaning remains open until sufficient context or confirmation emerges.

"My life is in His hands"

The governing truth for the hand imagery: surrender, divine care, guidance, protection, and faithful stewardship under God.

Fire starter and woman of fire

A capacity to kindle faith, courage, attentiveness, and activation in other people while tending holy fire responsibly.

Storehouses of oil and the wise virgins

Preparation, cultivated intimacy with God, spiritual readiness, endurance, and reserves developed before public need.

Sharpshooter

Precision, focus, discernment, and recognizing the essential point within a complex situation.

Prairie journey and backpack

Mobility, simplicity, sufficient provision, and carrying what is truly needed. The "easy assignment" may reflect grace, fit, preparation, and released burdens.

White robe and dance

Joy, freedom, consecration, beauty, movement, and a whole-person response to God.

"Five seconds"

"Five seconds is all it takes to come closer to Me. I see you." An invitation to pause, turn attention toward God, receive that He sees me, and continue with renewed awareness.



Integrated Findings

The five days form a coherent pathway

Movement	Formation meaning
Hear attentively	Recognize God's communication and record it faithfully.
Discern guidance	Separate revelation, interpretation, and application.
Emerge authentically	Carry truthful visibility with sacred privacy and wise boundaries.
Respond through activation	Translate discernment into proportionate, sustainable obedience.
Steward words and fruit	Review confirmation, outcomes, learning, and continuing responsibility.

My formation is cumulative

- Early prophetic awareness in college
- Foundational teaching and activation in Connecticut
- Prophetic ministry experience in Minnesota
- Additional spiritual-gifts formation in Wisconsin
- Renewed local formation in Florida
- A 14-day northeastern missional journey
- Christian International Watchman Conference
- Bethel School of the Prophets
- Bethel Emerging Prophets
- CI SOP Fall 2026
- Continuing local and national formation
- Preparation for the 2027 missional journey around the United States

Physical and spiritual cardiology form one calling

Listen to the heart. Recognize the heart of God. Strengthen people to respond faithfully to His voice.

My calling emphasizes strengthening those who serve

- Prophetic encouragement
- Teaching and activation
- Wise counsel
- Prayer and intercession
- Writing
- Formation resources
- Digital tools
- Missional travel
- Convergence Q45
- Leadership support
- Generational preparation
- Responsible systems of stewardship

Visibility requires wisdom

Greater visibility forms part of the present season. The governing posture includes authenticity, sacred privacy, discernment, boundaries, humility, and responsible emergence. The goal is faithful visibility that points toward God.

Formation becomes practice

- Listen daily
- Record accurately
- Preserve the difference between revelation, interpretation, and application
- Weigh impressions through Scripture and prayer
- Seek wise counsel when appropriate
- Respond proportionately
- Review confirmation and fruit
- Protect privacy and boundaries
- Equip people toward maturity
- Build structures that reduce unhealthy dependence
- Remain attentive to geographic and assignment patterns
- Return attention to God, even through a five-second pause

Continuing Formation Rhythm

Daily

- Become still before God
- Read and reflect on Scripture
- Listen through familiar communication modes
- Record impressions
- Separate revelation, interpretation, and application
- Ask what response belongs to the present day
- Practice one act of courageous obedience
- Use wise boundaries around visibility
- End with gratitude and review

Weekly

- Review the prophetic-word log
- Identify repeated themes
- Note confirmations and fruit
- Pray over emerging places and assignments
- Evaluate workload and focused priorities
- Choose one concrete activation
- Preserve rest and spiritual replenishment

Monthly

- Review significant words and images
- Update interpretations cautiously
- Document fulfilled or developing applications
- Examine the fruit of actions already taken
- Review formation across Scripture, character, discernment, courage, humility, and stewardship
- Identify the next faithful step

Closing Reflection

Across these five days, I recognized movement from scattered recognition toward coherent stewardship. God has been speaking across decades. In 2026, I have experienced these strands gathering with unusual intensity: the heart, the crown, the keys, the fire, the oil, the map, the open doors, the journey, the nations, the call to strengthen servants, and the invitation to become visible with wisdom.

Hear closely. Discern patiently. Respond faithfully. Steward responsibly.

My life is in His hands. My formation belongs to Him. Every gift, assignment, relationship, open door, and horizon will unfold beneath His guidance and within His care.