

Listen! Tuning In to the Voice of God

An Invitation to a Year-Long, Congregational Practice of Discernment

“Discerning God’s will is living fully in the profoundly personal and fulfilling relationship . . . That God offers us in Jesus Christ.” ~Danny Morris

“We often equate discernment with a skill which we must master rather than the gift of God’s love which guides us home to Love.” ~Rose Mary Dougherty

“Every opportunity to learn how to be more discerning calls attention to our radical dependence on the Spirit of God.” ~Jeannette Bakke

For Your Reflection:

Reflect on your yearning to know God’s desires for you, your life, the world. What direction do you seek from God at this season in your life?

What practices and sources of guidance and wisdom do you already put to good use as you make decisions and seek wisdom and clarity while navigating life and its challenges?

An Examen Practice:

As a way of praying, ask yourself the following questions as you reflect upon the day* you’ve just experienced. Pay attention to how you noticed these things in your soul, in your body, in your heart, in your mind. Allow God to reveal you to yourself. Perhaps you will want to journal your responses. Perhaps you have images, sounds, feelings, or words you want to capture for yourself. Perhaps this is a primarily internal process for you.

- Where have I experienced energy, joy, and fullness of life in this day*?
- Where have I felt drained, anxious, or less alive in this day*?
- Where have I felt close or connected to God in this day*?
- Where have I felt distant or disconnected from God in this day*?

**you can reflect on any time period or event - year, season, month, week, day, vacation, school year, holiday, gathering, meeting, project, etc. Substitute the appropriate word for “day” as needed.*

*“Search me, O God, and know my heart; test me and know my thoughts.”
~Psalm 139:23*

Book suggestion: *Discernment* by Henri Nouwen