

FOLLOW the Shepherd

Jesus is the Good Shepherd and we are His sheep. As much as we want to be the leader of our life, more often than not, we end up getting lost. But Jesus never leads us astray. He knows us more deeply than we know ourselves, which means He knows what is best for us better than we do! As the Scriptures tell us in Psalm 23, Jesus leads us to safe pastures, through scary valleys, and into safety. All we must do is follow Him.

Following Him requires discernment to know where He is leading us. It means listening for His voice and His gentle nudges above the noise of the world. It means being obedient to what He tells us. And it means surrendering our own desires and wishes for His. But the reward for this surrender is a life far greater than we could ever create for ourselves – a life in step with the Good Shepherd.

Developed with inspiration from The Evangelical Catholic, creators of The 10:10 Challenge. Used with permission.



Habit 7



FOLLOW the Shepherd



SAINT DOMINIC
CATHOLIC PARISH

Discernment: Listening for God's Voice

Discernment is an important skill for following the Shepherd. It essentially means listening to the Holy Spirit for guidance with decision making. It's how we come to know what "God's will" is in any given situation. Below are some of the most common ways God speaks to us. Pay attention throughout your day to notice Him communicating with you in big and small ways. At the end of each day, thank Him for what you noticed and heard. Ask Him to show you when He was speaking that you missed. Continue building this habit of listening to God in every moment of your day. As you feel Him leading, work to follow Him no matter what.

God Often Speaks to Us Through:

- Scripture
- Others
- Nature
- Internal images or visions
- An inner voice that pops into our mind
- Music
- Literature
- Physical sensations (warmth, tingles)
- Smells
- A pull of the heart

Know Who Is Speaking

God's Voice

- Stills
- Reassures
- Enlightens
- Encourages
- Comforts
- Leads
- Calms
- Convicts
- Proposes

Satan's Voice

- Rushes
- Frightens
- Discourages
- Imposes
- Accuses
- Pushes
- Confuses
- Worries
- Condemns
- Obsesses