

## This week's Discipline



### Guidance

The goal of spiritual guidance is continued spiritual formation – the pursuit of living a spiritual life from the heart. God guides individuals, but he also guides groups and instructs individuals through group experience. Three spiritual practices useful in discerning spiritual guidance or direction are listed below. Over the course of the next week try one or all of these practices:

- **Look for God within the Heart:** Set aside time daily to quiet your mind, breathe deeply and practice prayerful listening. This can be done by sitting in your favorite chair, driving along a quiet road with the radio off, or walking in the woods.
- **Look for God in the Word:** Pay attention to Bible verses or themes that repeat through daily scripture reading, devotionals, sermons, and spiritual podcasts. God is gentle and is always communicating His plan for us if we have “ears to hear and eyes to see”.
- **Look for God in Others in Community:** God often speaks to us through people He puts in our path. Reach out and cultivate relationships with fellow believers in your family, church/small group, friendships, and community whom you trust and can be honest and vulnerable. Be a good friend by actively listening and being present to each other.

Want more information about Guidance?  
Attend this week's Spiritual Discipline class on 1/14/26 from 7-8:30p in the Chapel.

Suggested Resources: *Celebration of Discipline*, Chapter 12 – Guidance, by Richard J. Foster;  
*Spiritual Direction: Wisdom for the Long Walk of Faith*, by Henri Nouwen.

Scan for more info on the class!



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