
Heart and Soul ... A Weekly Meditation

December 6, 2015

God Will Guide Us

“Trust in the Lord with all your heart; don’t rely on your own intelligence. Know him in all your paths, and he will keep your ways straight.”

Proverbs 3:5, 6 (Common English Bible)

The fall semester of my senior year in college would be in England. Arriving at Gatwick Airport in London, I disembarked the flight, entered the airport and immediately experienced considerable confusion. Standing in a common area, bewildered by the signage, I felt a hand on my shoulder: “This is the direction you want to go,” spoke a friendly voice. The confusion cleared, my path was made clear, and I was on my way. I am a reasonably intelligent person but that was a moment when I desperately needed guidance.

Anyone honest about his or her own life journey admits moments where guidance is welcomed. It is no mistake that high schools, colleges and universities have “guidance counselors” available to their students. Determining a direction in life is not something to be decided casually. Nor is it a simple matter to discern God’s desire and direction for us as individuals. There are simply moments when we are as bewildered as I was when I stood in Gatwick Airport so many years ago.

These words from Proverbs provide help. Rather than be intimidated by the vastness of choices and decisions to be made, Proverbs invites us into a relationship with our creator, a relationship that moves from the mind to the heart. There is a critical difference. The mind alone gathers information, orders data and considers several reasonable alternatives. The entire exercise can be accomplished without ever disturbing the heart from its sleep. On the other hand, try building a relationship with a spouse or friend solely on the arrangement of data. It doesn’t work. The heart senses, feels, and longs to know and be known. There is knowledge that is simply unavailable using the mind alone.

How shall we trust and know God with all our heart? We begin by learning of God as God is revealed in the Bible. We continue by doing God’s will as best as we understand it from our reading. There is no substitution or short cut. Divine guidance only comes to those who daily seek it in the scriptures. We become sensitive to the nudges and promptings of God until one day we sense a hand on our shoulder and a voice that speaks, “This is the direction you want to go.”

Doug Hood