

DISCERNMENT EXERCISE

Welcome to this discernment exercise. Make sure you are in a quiet and comfortable place. Take a deep breath, roll out your shoulders, roll out your neck. Really calm your body down. Keep breathing deeply in whatever way feels comfortable for you. Remember that the purpose of this time is to grow closer to God and to hear what He wants to tell you. And He may tell you with one word, He may tell you with a very simple phrase, He may start giving you whole sentences. He may speak to you in music lyrics or in images or in memories. There are so many ways that the Lord can speak to us and we're just going to be totally open to what He has to say today.

The first thing that I want you to do is to just decide what version of God do you need to speak to today? Do you want to take a walk with Jesus or maybe sit with him on a park bench? Do you want to climb into the lap of God the Father, and feel his arms wrapped around you? Do you want to sit in a beautiful place, maybe in a field of flowers or maybe sitting in the sand by the ocean side and feel surrounded by the Holy Spirit? We can't see, but we can feel, decide which version of the Lord you would like to be with in this moment.

And as you picture the Lord and you picture yourself in this comfortable place, I want you to smile cause you are so safe and you are so loved. God cannot wait for you to share yourself with Him. And of course, He already knows every thought that you have and every feeling in your heart, but He takes great delight in you sharing it with Him just in the way that we are so happy when our children choose to share things with us, even if they seem silly or even if we know they're completely wrong, we still feel so special that they have made the time and they are willing to be vulnerable and share themselves with us. That is exactly how the Lord feels about you.

I want you to smile and just bask in His glory and his love, knowing that He is so pleased that you are coming to talk to Him. Even if you are upset or confused, He wants all of you. Just the way that you are continue to take deep breaths and then begin to have a conversation with the Lord. Tell Him what is on your heart. And when you are ready, ask Him what He wants to tell you and be patient as you write it down and keep coming back to the Lord and saying, what else, Lord, what else do you want me to know? And fully trust that he wants to tell you something out of great love and that you will be able to hear it.