

Next Steps Discernment - Scripture Practice 1

Tuesday, February 21

Read

Before diving in, take a couple moments to settle into your space, hold some silence, and ask God to open your ears to hear and your heart to accept what God has for you today.

Now read the passage once, slowly.

**Trust in the Lord with all your heart,
and do not rely on your own insight.
In all your ways acknowledge him,
and he will make straight your paths.
Do not be wise in your own eyes;
fear the Lord and turn away from evil.
It will be a healing for your flesh
and a refreshment for your body.** Proverbs 3:5-8

Read the passage again (still slowly) and then take a few minutes to consider any of the following questions:

- What word, phrase, or image in this passage stands out to you?
- Is there something that deeply resonates in you, or perhaps causes resistance in your spirit?
- What feelings come to the surface?

Reflect

Read the passage a third time and then take a few minutes to consider any of the following:

- What image or feeling comes from your phrase or word?
- What might God be trying to say to you through this image, feeling, or word?
- What in your life needed to hear this word today?

Respond

Read the passage a fourth (and final) time. Take a few minutes to consider:

- Is God challenging you or inviting you to something?
- What is your response to what you sense God is saying to you?

Rest

Take a few minutes to rest in God and enjoy God's presence and love. Be at peace, knowing God's grace surrounds you on every side.

You may be led to any of the following, but don't try to do too much:

- Ask for God's help to follow through on what was revealed to you.
- Continue to listen as you are led into deeper meanings of this passage.
- Express gratitude and praise for your time with God.