

A woman with long dark hair, wearing a white t-shirt and a colorful, abstract graphic skirt, stands in the water at the base of a waterfall. She has her arms raised in a gesture of praise or joy. The waterfall is surrounded by dense green foliage. The word 'more' is written in a large, red, brush-stroke font across the top right of the image.

more

more of Jesus  
DISCUSSION GUIDE  
less of me

Daily  
Exercises

## Week 1 Day 1 Exercise

# Spiritual Discernment

1. Find a quiet spot with you Bible, journal, and a pen.
2. Identify the situation - it should be about doing something or not doing something.
  - Practical - Something you are going to do or not do
  - Real - There really is a decision that needs to be made
  - You have the right to make the decision
  - You have the ability to gain information to inform your decision
3. Once you have identified the situation, write it out.
  - List the issues that surround this situation that might impact you today or in the next few weeks, months, or this year.
  - List the actions that you could take for each of these issues.
  - Make a list of pros and cons for each issue or possible action.
  - Rank the issues and possible actions in your order of preference from where you see things today.
  - Start the discernment process with the issue or possible action you ranked as first.
4. Pray to begin the discernment process with this issue or action. Here is a suggested prayer:

*Father, in the Name of Jesus, I thank You that You desire to speak to me every day. I invite you to guide me by your Spirit in truth. Help me to align my life with YOUR truth. Reveal yourself to me today through your Word and lead me into the abundant life you have promised to me. Thank you that you call me friend and that you are for me. Today I come boldly to the throne of grace to ask for help. I need you to help me make decisions that honor you and are best for my life. My desire is to draw near to you right now, Oh Jesus, please draw near to me. I seek you with my whole heart, mind, body, and soul. I want to know you more, love you more, hear you more, and obey you more. As I seek to hear You today for instruction, correction and guidance, help me to know Your voice. Help me to discern it from all others. I am asking for wisdom and discernment to hear you clearly and consistently today in the Name of Jesus. Give me confidence that I can hear your voice. Amen.*

5. Read Psalm 25:4
6. Set your timer and remain still for 2 minutes. Focus your thoughts on this one verse and listen to see if the Holy Spirit speaks anything to you. If so, write it down in your journal. If not, that is OK, it is just Day 1. Don't be discouraged! This takes practice.

## Week 1 Day 2 Exercise

# Spiritual Discernment

1. Find a quiet spot with you Bible, journal, and a pen.
2. Write out the issue or action that you chose to focus on yesterday. Write it down as a specific, concrete statement with positive action. Here are some examples: I will take 3 classes each semester this year so that I can graduate in the spring. I will either remain in my job with Company A or I will move to a new job with Company B.
3. List out all possible obstacles that you might encounter. Possible obstacles: perfectionism, fears, materialistic greed, past hurts, self-pity, competitiveness, pride, embarrassment, impatience, lust, inferiority, superiority, racism, sexism, anger, laziness, desire for control, loss of self, need for power, need for status, need for fame, etc.
4. Read over these passages.
  - Luke 17:5-6
  - Matthew 14:22-33
  - Matthew 5:13-16
  - Matthew 7:24-25
  - Luke 11:5-13

Write down which one speaks most powerfully to you right now. Right down why.

5. Pray for openness to God's will in this decision. Ask for discernment. Here is a sample prayer:

*Father, I come to you in the name of Jesus asking for your help. I come seeking you today to give me wisdom and point me in the direction that you would have me go. I want to have a deep, deep love for you God. I want my life and my decision to reflect your leadership in my life. Please bring to mind all the people who will be affected by this decision so that I don't decide in a selfish way. Please help me to be authentic with who you have created me to be not seeking to please others, but only you. Please help me to not be selfish as I make this decision. I invite you, Holy Spirit, to guide me.*

6. Set your timer for 2 minutes and sit listening to what God brings to mind. If your brain starts wondering focus and repeat this verse over and over:

*Teach me knowledge and good judgment, for I trust your commands. Psalm 119:66*

7. Write down anything you heard from God. Again, don't be discouraged if it is nothing, it is only Day 2. Hang in there!

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## Week 1 Day 3 Exercise

# Spiritual Discernment

1. Find a quiet spot with you Bible, journal, and a pen.
2. Write out the concrete statement that you wrote down yesterday.
3. Read these passages of Scripture:
  - Luke 12:22-32
  - Luke 18:35-43

Write down which one speaks to you most and why.

4. Ask Jesus to give you 2-3 people that you should ask about this issue. Write down 2-3 people that come to mind. They must be Jesus-followers that know you well and that you would value their input. Email, text, or call and ask if you could talk with them just briefly today. When you talk with them, only tell them this:

*"I am going through a discernment process with the Lord on a decision that I need to make in my life. God brought you to my mind to ask because I value your thoughts and want you to speak into my life. What input would you have for me as I make this decision?"*

Share what you are trying to decide with a brief explanation of each. As you get their feedback, write that down in your journal.

5. Pick one of those people and ask if you could speak in more detail this week. When you meet, discuss the matter in detail with all its possibilities including both the strengths and weaknesses and the implications for your life. After the discussion, right down the points that you had not thought of that came up in the discussion.
6. Pray about your decision again in light of the information you have gathered from your circle of wise counsel. Most likely you will have had new feelings emerge that need to be shared with God so that you can be free from an emotional reaction to something you discussed. Here is a suggested prayer:

*Father, I come to you in the name of Jesus asking for you to help me with a freedom check. Help me to be free from everything around me to make the decision that will bring the most glory to God and fulfill the purpose for which you have for me.*

7. Set your timer for 2 minutes and sit listening to what God brings to mind. If your brain starts wondering focus and repeat this verse over and over: I am your servant; give me discernment that I may understand your statutes. Psalm 119:125
8. Write down anything you heard from God. Again, don't be discouraged if it is nothing, it is only Day 3. You are making GREAT progress!

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# Week 1 Day 4 Exercise

# Spiritual Discernment

1. Find a quiet spot with you Bible, journal, and a pen.
2. Write out the concrete statement that you wrote down yesterday.
3. Read these passages of Scripture:
  - Luke 14:33
  - Luke 16:13
  - Matthew 20:26-28

Write down which one speaks to you most and why.

4. Today you are going to make a list of advantages and disadvantages. For a proposal of the X vs. non-X form, make two lists: "Advantages for me" and "Disadvantages for me." For a proposal of the X vs. Y form, make a table with four lists: "Advantages for Me" and "Disadvantages for me" for each alternative (See the table below.)

Begin with a short prayer asking God to be with you as you make your lists. Here is a sample:

*Lord, will you bring to mind all that I need to consider for this decision. Help me to be sensitive to Your leading and Your speaking. I invite your Holy Spirit to be with me and direct me in this discernment process. I want to honor you, my neighbor, and the purpose to which you have called me. Amen*

List all the reasons you can think of but don't evaluate any of them yet. Just list them.

## Stay With Company A

### Advantages For Me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

### Disadvantages For Me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

## Take A New Job With Company B

### Advantages For Me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

### Disadvantages For Me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

5. Once your list is finished, it is time to evaluate it. Ask these four questions:

- Which reasons are the most important. Why?
- What values do I hold that will be impacted by each option?
- Which option would allow me to utilize the gifts and abilities that God has given me and maximize the purpose to which I feel God is calling me?
- Which option seems most consistent with the way that God has led you in your faith journey and in your history with God?

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## Week 1 Day 4 Exercise

# Spiritual Discernment

6. Pray about your decision again in light of the list you made and the questions you just answered. Ask that God would continue to give you clarity in the discernment process. Here is a suggested prayer:

*Father, I ask in you the mighty name of Jesus, to clarify my thoughts and feelings as I make this decision. I want to honor you with my life. I want this decision to bring glory to you. Please use me in this world to be light in the darkness. Clarify for me Lord, by the power of your Holy Spirit, the direction that I should go. Help me discern what is the best and wisest path to take. I invite you to speak. Help me to listen. What do you want to say to me today? I am listening. Direct me. Guide me. Lead me. Speak to your servant.*

7. Set your timer for 2 minutes and sit listening to what God brings to mind. If your brain starts wondering focus and repeat this verse over and over:

*Teach me knowledge and good judgment, for I trust your commands. Psalm 119:66*

8. Write down anything you heard from God. Again, don't be discouraged if it is nothing, we are still learning. You are doing great!

## Week 1 Day 5 Exercise

# Spiritual Discernment

1. Find a quiet spot with you Bible, journal, and a pen.
2. Write out the concrete statement that you wrote down yesterday.
3. Read these passages of Scripture:
  - Matthew 13:44-46
  - Mark 10:17-222
  - Timothy 1:7
  - Philippians 3:7-10

Write down which one speaks to you most and why.

4. Pray today about your feelings about your decision. Ask the Lord to sway your heart and mind towards the decision that you should make. Here is a sample prayer:

*God, I come to you in the name and power of your Son Jesus, to ask you to lead me in this discernment process. Transform my thoughts and align my mind to have the mind of Christ. Transform my desires so that my will is in alignment with your will. Holy Spirit, would you move my feelings to feel courage, confidence, joy, enthusiasm, deeper faith, more hope and trust in you, and greater love. Align all of me - body, heart, mind, and soul with your will for my life. Speak Lord, for your servant is listening.*

5. Set your timer for 2 minutes and sit listening to what God brings to mind. If your brain starts wondering focus and repeat this verse over and over:

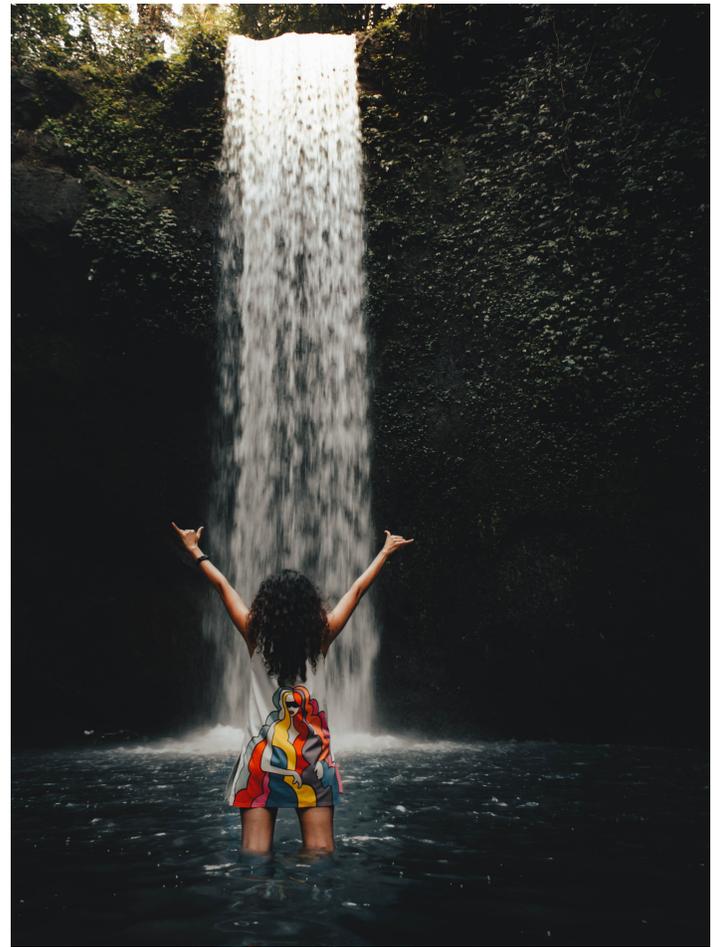
*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. John 14:26*

6. Write down anything you heard from God.
7. Read through the options that you can take in regards to your decision. Circle the one that you feel most in line with. If you are still 50/50 on two options, go back to Day 3 and spend some time in prayer about freedom asking the Holy Spirit to free you from any selfish motives and direct you and your desires to God's will. Go through the list again and see which option you are most in line with.
8. Trust in the Lord and make your decision. Even if you are not certain about it, decide.
9. Confirm your decision. Over the next two days pay attention to how you feel about the decision. If your thoughts, desires and feelings do not support your decision, then begin this process again. There should be joy and peace in the midst of being aligned with God and stepping into His will.

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Week 1 Day 5 Exercise

# Spiritual Discernment



*And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.*

Philippians 1:9-11

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**Week 1**

**Focus Verse**

**Show me your ways,  
Lord,  
teach me your paths.**

**Psalm 25:4**

DISCUSSION GUIDE  
WEEK 1



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