

An exercise in Discernment



- Jot down in a list all the different things that you do in your life.
- Then when you have a long list, go down it again, and spend a moment with each thing in the list. Notice how it feels to think about doing it. Does it lift your spirits? Or lower them? As you think about them. Mark against each one which way your spirits are affected.
- Notice which are all the activities that lift your spirits or bring you to life, and those that don't. What is the balance like?
- If God desires to bring us to fullness of life... what might God be saying through this awareness?
- Run down the list again. Ask yourself the question – Whose kingdom is this about? Are my spirits raised or lowered because of a sense of the kingdom of God being affected by this, or is it because it is my personal empire that is being affected?
- Respond to God with the awareness that emerge.

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