

# **Daily Guidance from God: 15 Steps to Discerning His Will**

By Melkisedeck Leon Shine · May 26, 2025

Recommended Christian Daily Readings

## **Discerning God's Will in Decision-Making: A Framework for Spiritual Discernment**

Navigating life's complexities often necessitates making crucial decisions that profoundly impact our personal trajectories and interpersonal relationships. Within a Christian framework, the concept of seeking divine guidance, or spiritual discernment, becomes paramount. This process involves employing various strategies to understand and align one's choices with God's perceived will. This article presents a structured approach to spiritual discernment, drawing upon biblical principles and theological models to facilitate informed decision-making. We will explore fifteen key elements crucial for successfully discerning God's plan, emphasizing their practical application in everyday life.

### **1. Scriptural Foundation: Employing the Divine Narrative**

### **2. Prayerful Solicitation: Communicating with the Divine**

Consistent communication with God through prayer is essential for spiritual discernment. Luke 6:12 depicts Jesus' practice of prayer as a model for believers. This emphasizes the importance of dedicated prayer, asking for clarity and guidance in decision-making. The process can involve structured prayer, reflective journaling, and contemplative practices, all aimed at fostering a receptive heart posture. Prayer can be understood through the lens of the theological model of intercession, where individuals act as mediators between God and humanity.

### **3. Attentive Listening: Recognizing God's Voice**

Spiritual discernment requires cultivating the ability to discern God's voice amidst life's distractions. 1 Samuel 3:10 highlights Samuel's posture of attentive listening. This involves recognizing that God communicates through various means: scripture, the Holy Spirit's promptings, and the counsel of trusted individuals. Developing spiritual sensitivity necessitates creating quiet spaces for reflection, employing practices such as Lectio Divina (a form of meditative scripture reading) to sharpen one's ability to perceive divine communication.

### **4. Seeking Counsel: Leveraging Collective Wisdom**

Proverbs 11:14 underscores the value of seeking counsel from trusted individuals. This aligns with the sociological principle of social support networks. Selecting godly mentors and advisors who possess wisdom and discernment can provide valuable perspectives and prevent potential biases in personal decision-making. Seeking advice requires discernment in choosing advisors whose values align with biblical teachings and whose counsel is grounded in faith.

### **5. Embracing Divine Timing: Trusting God's Sovereignty**

Patience and trust in God's timing are crucial aspects of spiritual discernment. The example of Abraham waiting patiently for the promised son illustrates God's perfect timing. Isaiah 40:31 provides assurance that those who trust in the Lord will receive renewed strength. This relates to the theological concept of God's sovereignty and His plan unfolding in its own time. Practical application involves resisting impulsive decisions and cultivating patience during periods of uncertainty.

#### 6. Fruit of the Spirit: Guiding Principles for Decision Making

Galatians 5:22-23 outlines the qualities of the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control). These should inform decision-making. This applies the ethical framework of virtue ethics to decision-making, emphasizing the cultivation of virtuous character traits. Reflecting on the potential outcomes of a decision in light of these virtues allows for a more holistic and spiritually informed assessment.

#### 7. Surrender of Will: Subjugating Personal Desires

Matthew 26:39, where Jesus submits to God's will, exemplifies the importance of surrendering personal desires to God's plan. This represents an act of faith and humility. This involves actively choosing to relinquish personal preferences and ambitions, trusting in God's superior wisdom and plan. This necessitates a process of self-examination to identify areas where personal desires might conflict with God's will.

#### 8. Scriptural Meditation: Internalizing Divine Truth

Psalms 119:105 describes scripture as a lamp for our feet and a light on our path. Regular meditation on God's Word helps internalize truth and wisdom. This strengthens discernment. Engaging in practices like Lectio Divina and journaling can facilitate deeper understanding and application of scripture to everyday life.

#### 9. Motivational Examination: Assessing Underlying Intentions

#### 10. Obedient Action: Transforming Discernment into Practice

James 1:22 emphasizes being doers of the Word, not just hearers. Obedience is a crucial component of spiritual discernment. Once a decision is made based on spiritual discernment, decisive action is necessary to demonstrate faith and trust in God's guidance. This avoids the pitfall of intellectualizing faith without enacting it.

#### 11. Faithful Action: Embracing Risk and Uncertainty

Hebrews 11:1 defines faith as substance and evidence of things not seen. Sometimes, discerning God's will requires stepping outside of comfort zones. Peter walking on water illustrates faith-filled action despite perceived impossibilities. This necessitates trust in God's provision and guidance even in the face of uncertainty.

#### 12. Heart Protection: Safeguarding Against External Influences

Proverbs 4:23 stresses guarding one's heart, the wellspring of actions. This involves being mindful of external influences and ensuring they align with biblical principles. Maintaining spiritual disciplines and cultivating healthy relationships with godly individuals helps shield against negative influences.

13. Experiencing God's Peace: A Guiding Indicator

14. Learning from Setbacks: Growth Through Imperfection

15. Love-Centered Decisions: Prioritizing Agape

### Conclusions and Recommendations

Discerning God's will is a dynamic process that requires ongoing commitment and spiritual growth. The framework outlined above provides a structured approach to making decisions aligned with biblical principles. Further research could explore the effectiveness of different methods of spiritual discernment in various contexts and cultural settings. Developing resources that provide practical guidance for young Christians navigating major life decisions would be valuable. The impact of this approach extends beyond individual decision-making to fostering a deeper relationship with God, promoting personal growth, and contributing to a life lived purposefully and in alignment with divine intention.

Reader Pool: How might incorporating elements of cognitive behavioral therapy into the process of spiritual discernment enhance the ability to make well-informed and spiritually aligned decisions?

Printable AckySHINE Article · <https://ackyshine.com/post.php?post=99971>