

# RELEVANT FAITH

WEEK  
THREE

THE WISDOM  OF DISCERNMENT

Relevant faith deepens the spiritual gift of discernment within us, which serves as a compass of expanded consciousness that is both vast and subtle. It's found in the still small voice within, mirrored in nature, and born from a deeper listening and sensing of the Divine within daily life.

When the power of discernment is polished and deepened within, it serves as a compass for our life rooted in Divine knowledge. It strengthens our ability to recognize the good, the vibrationally healthy, and the life-enhancing aspects of experience. The compass of discernment ignites our spiritual quest for wisdom and greater understanding. With it, we begin to act in accordance with the good for all rather than from a personal agenda. It moves our perspective beyond the influence of a fear-based world into the North Star direction of the greater spiritual reality.

## WEEKLY SYMBOL



### Compass

The compass represents the wisdom of discernment—having the discernment to activate our inner guidance system to navigate our life's journey. Repeatedly checking within to align and navigate toward a true purpose and a spiritually oriented path.

## KEY POINTS OF THE WEEK

- Discernment is a spiritual gift that is gained through listening, pausing, stillness, nature, and connection with the wisdom-masters and teachings.
- Discernment is about seeing through appearances to gain a greater perspective and to sense the interconnectedness of all things.
- Discernment is a tool of consciousness that hears the deeper sounds of the Divine beneath the noise of ordinary life.

## QUOTES FOR THE JOURNEY

**Discernment is not simply a matter of distinguishing right from wrong. It is the ability to detect what is truly good from what seems attractive but leads away from God's greater glory.**

**–Ignatius of Loyola**

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*Discernment is not a mechanical process but a spiritual one in which you listen deeply to your own heart and to the wisdom of others.*

**–Parker Palmer**

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*Through spiritual discernment, we see that we have a power that can overcome every obstacle in our experience and set us safe, satisfied, and at peace, healed and prosperous in a new light and a new life.*

**–Ernest Holmes**





## DISCUSSION QUESTIONS

- 1. Discernment vs. Judgment:** How do you distinguish between discernment and judgment in your spiritual life? Can you think of a time when you initially judged a situation but later realized that a more discerning approach was needed?
- 2.** How has the practice of discernment brought clarity to your spiritual journey? In what ways has it helped you move into a deeper understanding of faith?
- 3. Navigating Complexity:** In moments of uncertainty or complexity, how do you use discernment to guide your decisions? What helps you stay grounded in faith?
- 4.** How can our community foster the consciousness of discernment? What steps can we take to support each other in developing this wisdom?



## OPTIONAL PROCESSES

### Process One: Conscious Voter Checklist

Answering honestly, even amid a contentious election season, can you commit to the following?

#### SPIRITUAL VOTER CHECKLIST

- I will affirm the highest good no matter which candidates are selected for office and will commit to claiming peace, restoration, and Oneness beyond any appearance or outcome.
- I will approach and not avoid central issues facing my community and country. I will seek to discuss them in supportive spaces where I am willing to hear and trust that I am being heard, even when disagreeing.
- I will hold myself accountable as a role model for good in my home, online, and anything controversial in every area, knowing that a greater good is always unfolding.
- I will stand for equality for all people regardless of race, religion, or political affiliation.

### Process Two: Visioning Activity

#### Fostering Discernment for a Life Question Using Your Sacred Inner Compass

##### ◆ Tend the Sacred Threshold

Create a sacred space. Light a candle or burn incense to symbolize the crossing from the ordinary awareness into a deepening awareness of your connection with Spirit. Take a few deep breaths and set the intention to open yourself to mystery and revelation.

##### ◆ Listen in Silence and Attune the Needle of Your Awareness Towards the Divine

Silence is key to attuning to Divine guidance. In the stillness, subtle shifts in energy, feeling, and thought begin to emerge much like a compass needle responds to the unseen magnetic force.

Begin to breathe in and out in the stillness while focusing on your breath. Breathe in for a count of 3, breathe out for a count of 4. Breathe in for 3, breathe out for 4. Pause and rest observing your thoughts as they come and go, allowing them to float through the field of your awareness. Observe without judgment as if your thoughts are passing through like clouds.

##### ◆ Determine Your Question Map

As you continue to rest in meditative stillness, invite a question to your mind regarding a

situation in your life you would like guidance on. Allow it to arise to the surface of your awareness. Breathing in and out, simply observe.

As you rest in stillness, allow yourself to tune in to subtle, inner currents within you. They may arise as an intuitive nudge, a whisper of longing or a creative idea, a pull upon your heart's sense, or perhaps images, symbols, ideas, colors, or sounds arise for you. Perhaps it is even a bodily sensation within. Just observe. Tune within and take note of what arises within your awareness.

Now, as you remain in the quiet space, ask for an image or symbol to arise that represents your true path ahead, a symbol meaningful to you. Focus on this image trusting it to be a beacon of guidance in your current situation or life journey.

### ◆ Open the Sacred Compass of the Heart

Begin to turn your attention to your heart, directing your breath in and out through your heart center. Ask, "What are my next inspired Divine steps?" Pause and receive guidance.

- **Purpose:** Trust that the guidance you receive from the mystical compass is leading you on the right path even if it's not immediately clear.
- **How:** After receiving any insights or feelings of direction, offer a prayer of gratitude, acknowledging that you are guided by forces beyond the ordinary. Surrender the need for complete certainty and trust the process of unfolding.

*"I trust the path that is being revealed to me. I surrender to the wisdom of the mystical compass."*

- **Focus:** This act of surrendering allows you to move forward with faith, knowing that the Divine currents will continue to guide you even when you can't see the full picture.

### ◆ Close With Loving Gratitude

Trusting the guidance you have received from the sacred compass within you is guiding you into a greater expression with love and is promoting growth and a sense of wholeness in your life, begin to release this visioning exercise. Give thanks for all you have received and trust that more information continues to unfold and clarify as you move back into daily life awareness.

Give thanks for all, for this time in meditative connection with the Divine within you.

With a deep breath, return your awareness to your surroundings, crossing the threshold with gratitude into your daily life awareness.

### For Further Practice and Cultivation of Spiritual Discernment:

#### Journal with Symbols and Dreams

#### Reading the Mystical Map

- **Purpose:** Symbols, dreams, and visions are key elements of the mystical path. They serve as a "map" for navigating the inner and spiritual landscape, offering guidance through metaphors and imagery.
- **How:** Reflect on recent dreams, recurring symbols, or intuitive flashes. If you have none, close your eyes and allow your mind to wander. Ask for a symbol or image to come forward. You might see a specific object, animal, or scenario that holds meaning for you. Write these down or sketch them.
- **Focus:** These symbols act as markers on your mystical map, pointing you toward deeper truths. Interpret them not only with your mind but also with your intuition. Ask yourself what this symbol or dream wants to reveal to you.

## Attune to Nature's Compass

- **Purpose:** Trust your intuition as the guiding needle of the mystical compass. Intuition is the language of the soul, offering subtle insights that bypass rational thought and connect to the Divine.
- **How:** Focus on the intuitive nudges you've been feeling—gut feelings, heart pulls, or moments of sudden clarity. Ask your intuition directly what it wants to reveal. You may frame this as a question: *What is the direction of the highest and best for this situation?* Then, wait for the response, which may come as a quiet knowing, a sensation, or an image. Write or meditate on whatever arises.
- **Focus:** This step is about learning to trust and refine your intuition, which acts as the spiritual needle of your sacred compass.



## AFFIRMATIVE PRAYER

I turn within and focus my attention on the inner guidance, that place from deep within, sourced from my eternal connection with Life. From the conscious communion I share with my source, Divine wisdom is available to me without hesitation or delay. I call upon this intelligence to provide counsel in a way that is clear to my understanding. Any steps, actions, or decisions in my life experience arise from spiritual discernment that steers my course rightly and expeditiously to the highest and best outcomes aligned with love and all that is Good.

And so it is. Amen.

## AFFIRMATION

*I trust my higher self, connected to Divine discernment and wisdom, to fill me with confidence in every step I take forward in my life.*