

## Spiritual Discipline of the Month:

### Guidance

God provides Holy Spirit guidance to us; both to individuals and corporately to groups of people who genuinely seek to discern God's will and direction for their lives. Spirit-led guidance when properly discerned results in unity of spirit. Unrest is an indication that Spirit-led guidance has not yet been received or discerned. Unity is not agreement, it's not compromise, nor is it majority rules. Unity gives us a real sense that we have heard God's voice in the matter. Prayer, fasting, and worship, usually precede Spirit-led guidance. Guidance received by individuals must *yield* to guidance that has been received corporately in groups.

*"Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all." - Eph. 4:3-5*

### Practical suggestions / Challenge for the month.

- ✓ When seeking to discern God's guidance in a particular area, seek to include the appropriate people; i.e. your family, small group, ministry team, community, or church.
- ✓ Prepare to receive guidance by spending additional time together in prayer, fasting, and worship.
- ✓ Be patient. Seeking Spirit-led guidance will take longer than gaining agreement, compromise, or majority rule.
- ✓ Listen to each other in love. "If you cannot listen to each other, you cannot listen to the Holy Spirit." - Virgil Vogt

### Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Be patient and open.
3. Partner with someone and help keep each other accountable.
4. It's not about perfection, it's about practice.
5. If you get stuck on something or if you don't understand something, ask for help.
6. Record your progress - start a spiritual journal.
7. Have fun!

**Helpful Hints:** Read the book of Acts. There are many examples in this book of the Bible where the church seeks and receives Spirit-led guidance.

If you have any questions, want other suggestions, or would like to share your guidance experience, contact us at (302) 378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual Disciplines, refer to the *Celebration of Discipline* by Robert Foster