



What God Wants for Us

•Week 1

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During the Week

Meditate on Proverbs 2: 1-10

Read the scripture verses and answer the questions below.

1. What word or words speak to your heart?
2. What are the places in your life that you cry out for insight and understanding?
3. Is God's wisdom like a hidden treasure? What do you do to seek God's wisdom?
4. When wisdom and understanding have come into your heart how has it guided you? Can you think of a specific time when you received God's guidance?

Practice Holy Listening

Listening is a primary tool for discernment. Knowing God's will requires listening to our lives and to God's presence in them. God often speaks through others.

This week become aware of the quality of listening as you interact with others.

Become aware of how you listen to others.

- Are you aware of God's presence in you and the other person?
- Are you so eager to make your point, formulating in your mind what you will say, that you don't really hear what the other person is saying?
- Do you think you know what the other person will say so that you make assumptions prior to "hearing them out"?
- Do you feel as if you have to correct the person or fix the situation?
- Do you listen with your whole heart or only half an ear?
- Can you accept the other person without needing to agree with them?
- Do you listen for understanding?
- How might you improve your listening skills?

Prayer

Daily, pray this prayer for discernment by Thomas à Kempis. Notice the way God answers your prayer.

Grant me, O Lord, to know what I ought to know, to love what I ought to love, to praise what delights you most, to value what is precious in your sight, to hate what is offensive to you.

Do not allow me to judge according to the sight of my eyes, nor to pass sentence according to the hearing of my ears; but to discern with a true judgement between things visible and spiritual, and above all things, always to inquire what is the good pleasure of your will. Amen. – Thomas à Kempis (1380-1471)¹

¹ https://www.journeywithjesus.net/PoemsAndPrayers/Thomas_a_Kempis.shtml