



Discernment is a formation process necessary to grow our faith, to teach us what it means to hear God, and draw us into community. It's about becoming wholehearted people and leading confidently from that space. All of this is part of our formation: mind, body, and spirit.

Emily P. Freeman



Discernment helps us see how God has met us, moved in our lives, and is guiding us forward. As the year comes to a close, praying scripture and reflecting on God's work can be a powerful way to express gratitude, grow in our faith, and discern the next steps or future priorities God is revealing to us.

## WHY PRAY SCRIPTURE?



Scripture, being divinely inspired, connects us with the heart and mind of God.



It offers the opportunity to memorize and pray God's word at any time, deepening our spiritual connection throughout the day.



The words and verses that resonate with you become invitations to draw closer to God and engage with him more deeply.

# WHAT ARE PRACTICAL WAYS TO ENGAGE IN PRAYING SCRIPTURE?

## Soaking in the Scripture

1. Begin by reading the passage once to familiarize yourself with it.
2. Read the passage again, this time slowly. After each verse, pause to talk to God.
  - For example, after verse 8, reflect on how you've experienced God's compassion and love.
  - After verse 9, take a moment to express gratitude for the times you've felt the freedom of forgiveness.
3. Finally, read the passage one more time, and then respond to the two journal prompts.

8 The Lord is compassionate and gracious, slow to anger, abounding in love.  
9 He will not always accuse, nor will he harbor his anger forever;  
10 he does not treat us as our sins deserve or repay us according to our iniquities.  
11 For as high as the heavens are above the earth, so great is his love for those who fear him;  
12 as far as the east is from the west, so far has he removed our transgressions from us.

Psalm 103:8-12



### Journal Prompts:

- What truths about God's character have become clearer to me this year?
- As I grow in understanding who God is, what have I learned to be true about myself this year?

## Personalizing the Scripture

1. Replace “you” and “your” in the verse with your name.
2. Read the verse a few times, reflecting on how you’ve been rooted and built up in Christ this year.
3. Consider what you’ve learned about living out your faith.
4. Afterward, respond to the journal prompts below.

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6–7



### Journal Prompts:

- For what moments, opportunities, and experiences this year am I most grateful?
- Is there an area of my walk with Christ where I am being invited to grow deeper?

## THE ESSENTIALS:

Practicing discernment helps us grow in faith, hear God’s voice, and connect with others. Praying scripture and reflecting on the past year is a helpful way to cultivate discernment. It allows us to express gratitude, strengthen our faith, and understand God’s guidance for the future.

This practice connects us to God’s heart and mind, helping us internalize his word and deepen our relationship with him. Simple steps like reading scripture slowly and journaling your reflections can make this practice more meaningful.

