

Discerning a Spiritual Guide Worksheet

1. Ask for God's grace in finding a spiritual guide. Pray slowly and honestly:

"Lord, the journey is long and I do not know the way. Please, grant me a guide, someone who can help me on know Your will with greater certainty and follow it with ease, promptitude, and joy. Show me any fears or hesitations I carry, and place in my heart a spirit of humility and trust."

After this prayer, sit for a moment. What thoughts, emotions, or resistances arise?

2. Consider some of the issues you're currently dealing with, and write down one that's not that big:

3. Think about the people you already know who seem to know and live their faith well: family, friends, acquaintances, people you've admired from afar, someone you've lost touch with over the years. Who all might you feel it's reasonable to ask for help with this one issue?

4. Ask one person on your list to chat, perhaps the one you would most trust with this question.

5. Consider their counsel. Does it make sense for you where you're at? Does it give you a sense of freedom? Does it seem like the next right step? And just maybe try it out.

6. Observe the results. If there are positive fruits, perhaps go to that person again with a slightly bigger issue. If the fruits are not so good, perhaps repeat the process with another name on your list.

7. What did this process reveal to me about my trust in God, my fears about obedience, or my desire for certainty?
