

Wise Living Course 5 – Hearing God



Whether you turn to the right or
to the left, you will hear a Voice
behind you saying,
“This is the way; walk in it.”

Isaiah 30:21



THE DEEPER
CONNECTION
WITH MARIA GULLO

HEARING GOD

DISCERNMENT JOURNAL

Wise Living Course 5

Course Introduction

How do we live more wisely in a world that keeps us inundated with words and information that are anything but wise. How do you have clear thinking with emotional static filling the airways?

As a Spiritual Director I hear much confusion and fear about making decisions. Anxiety, depression and stress are at an all time high globally and if we are paying attention we see them increasing daily.

Yet, everyday in our personal lives we are all faced with simple and perhaps more often than not, challenging decisions. If we know the way of wisdom, as I like to call it, then these inevitable choices won't be as stressful or confusing. There is a way through it all. A way to be in the world but not a part of the world, as Jesus prayed in John 17. A way to be fully engaged in life but not led around by the

No matter what age or life experience, everyone would benefit greatly by having more confidence in the decision making process. Understanding the deep and often gentle movements of discernment can be life changing. Learning how to develop into a discerning individual happens through a deeper connection with the Holy Spirit. Understanding this spiritual discipline of discernment will help us live faith-led, Spirit-guided, peace-filled lives.

“But we received, not the spirit of the world, but the Spirit which is from God, that we might know the things that were freely given to us by God.”

1 Corinthians 2:12

How To Use This Journal

To transform your life by deepening your relationship with our Most High God and connecting more deeply and intentionally with the Holy Spirit is one of the greatest adventures of a lifetime.

The Holy Spirit, Holy Energy, Holy Breath of Life is the Holy Power that intermingles our human lives with that of God.

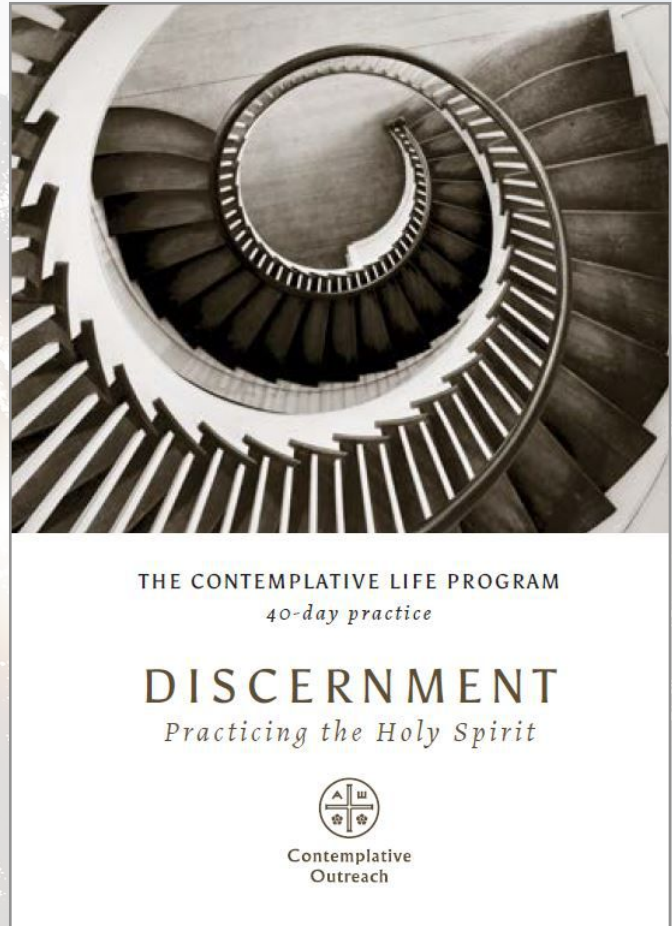
The movements, stirrings and invitations of the Spirit are so still and gentle they are often overlooked. We have a tendency to look for the more grandiose signs while God's voiceless Voice and eternal Presence is closer than our minds can fathom.

Use this journal to guide and support you as you practice the way of discernment, attuning yourself to the Holy Invitations of the Spirit.

Read the daily the pages in your Discernment book. While there is space given at the end of each day for journaling, perhaps you'd like to write more than the space provides. This journal will is that place to write.

At the end of each day, take a few minutes to collect the graces and teachings of that day. This journal also has a place for you to prayerfully look back over your day with the Holy Spirit to discern:

- When during the day you were living, moving and having your being in the Presence. i.e. When did you send peace, calm, gratefulness, even joy.
- When during the day did you try to take control? Where did it lead you?
- What grace (favor of God) do you need for tomorrow?



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Keep in mind Jesus did not come to judge or condemn you, but to save you from your false self. To share with you the Love and Healing of the Spirit.

Therefore notice:

- self-judgment
- self-doubt
- self-forgiveness
- self-acceptance
- and feel the freedom to write about it

When you write in your journal, if you'd like, write as to Jesus personally. Ask the questions, express your feelings as if you are speaking to your closest, most beloved friend and confidant, because you are.

Before you write the last line on each journal page, take a brief pause, close your eyes, notice your body breathing. Don't over think, rather put your pen to paper and write what you sense the Spirit is saying to you in response to what you've written. There is no right or wrong. Just breathe and let the words be whatever comes.

May our Beloved bless your willingness and desire to grow in discernment that will lead to a closer relationship with the Holy.

Day 1

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **2 Timothy 2:7**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 2

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Philippians 1:9**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 3

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Psalm 119:66**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 4

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Psalm 19**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 5

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Psalm 119:105**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 6

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Psalm 119:130**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 7

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 2:9**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 8

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 2:10**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 9

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 2:11**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 10

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 17:27**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 11

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Hosea 14:9**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 12

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Corinthians 2:9**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 13

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Corinthians 2: 10-12**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 14

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Corinthians 2:13**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 15

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Corinthians 2:14**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 16

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Corinthians 2:15-16**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 17

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Kings 3:9**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 18

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Thessalonians 5:21**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 19

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **James 1:5**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 20

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 3:5-6**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 21

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **James 3:17**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 22

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Luke 10:41-42**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 23

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Psalm 111:10**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 24

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Romans 12:2**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 25

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **John 8:32**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 26

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Ephesians 5:10**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 27

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Matthew 6:33**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 28

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Matthew 7:24**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 29

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Proverbs 2-3**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 30

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 Kings 3:11-12**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 31

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Hebrews 5:14**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 32

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Matthew 16:3**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 33

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **John 2:24-25**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 34

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **1 John 4:1**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 35

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Daniel 5:13-14**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 36

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Matthew 7:12-14**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 37

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Matthew 7:15-16**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 38

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Ephesians 1:17-19**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 39

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Ephesians 1:3-8**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Day 40

Date: _____ Time: _____ Today's Word: _____

Reflect and pray with: **Ephesians 1:9-12**

As you prayerfully reflect back on your day, what were the **graces** and **blessings**? What are you **grateful** for?

What **grace** do you need from God for tomorrow?

Scriptures for each of the 40 days

Day 1

“Reflect on what I say; the Lord will always help you to understand all things.” *2 Timothy 2:7*

Day 2

“And what I pray for is this – that your love may grow yet stronger and stronger, with increasing knowledge and all discernment.”
Philippians 1:9

Day 3

“Teach me discretion, discernment and knowledge, for I have believe your commandments.” *Psalms 119:66*

Day 4

“The Law of Yahweh is perfect, new life for the soul; the decree of Yahweh is trustworthy, wisdom for the simple. The precepts of Yahweh are upright, joy for the heart; the commandment of Yahweh is clear, light for the eyes. The fear of Yahweh is pure, lasting forever; the judgments of Yahweh are the, righteous, everyone, more desirable than gold, even than the finest gold; His words are sweeter than honey. Your servant is formed by them, observance brings great reward. But who can detect his own failings? Wash out my hidden faults and from pride preserve your servant. Never let it dominate me. So shall I be above reproach, free from grave sin. May the words of my mouth and the meditations of my heart always find favor in your Presence, Yahweh, my Rock, my Redeemer!” *Psalms 19: 7-14*

Day 5

“Your word is a lamp to my feet, and a light to my path.” *Psalms 119: 105*

Day 6

“When your word is unfolded, light breaks; it imparts wisdom, even to the simple minded.” *Psalms 119:130*

Day 7

“Then you will discern and understand righteousness, justice, and integrity—every good path.” *Proverbs 2:9*

Day 8

“For wisdom will enter your mind, and knowledge will delight your heart.” *Proverbs 2:10*

Day 9

“Discretion will watch over you, and understanding will guard you,” *Proverbs 2:11*

Day 10

“They who restrain their words have knowledge, And he who has a calm spirit is a person of understanding.” *Proverbs 17:27*

Day 11

“Whoever is wise, let him understand these things. Whoever is discerning, let him know them. For the ways of the LORD are right: the righteous follow his example, but the rebellious stumble in them.” *Hosea 14:9*

Day 12

“Eye has not seen, ear has not heard what God has planned for those who love Him.” *1 Corinthians 2:9*

Day 13

“Yet to us God revealed it through his Spirit; for the Spirit fathoms all things, even the inmost depths of God’s being. For what person is there who knows what a person is, except the person’s own spirit within them? So, also, no one comprehends what God is, except the Spirit of God. And as for us, it is not the spirit of the world that we have received, but the Spirit that comes from God, so that we may realize the blessings given to us by Him.” *1 Corinthians 2: 10-12*

Day 14

“And we speak of these gifts, not in language taught by human philosophy, but in language taught by the Spirit, explaining spiritual things in spiritual words. ” *1 Corinthians 2:13*

Day 15

“The merely intellectual person rejects the teaching of the Spirit of God; for to them it is mere folly; they cannot grasp it, because it is to be understood only by spiritual insight. ” *1 Corinthians 2:14*

Day 16

“But the person with spiritual insight is able to understand everything, although they themselves are understood by no one. For who has so comprehended the mind of the Lord as to be able to instruct him? We, however, have the mind of Christ.” *1 Corinthians 2:15-16*

Day 17

“Give your servant an understanding mind, that I may discern between good and evil...” *1 Kings 3:9*

Day 18

“Bring everything to the test; cling to what is good; shun every form of evil. ” *1 Thessalonians 5:21*

Day 19

“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.” *James 1:5*

Day 20

“If any of you lacks wisdom, then ask God for wisdom, who gives freely to all without reproach, and it will be given to them.” *Proverbs 3:5-6*

Day 21

“But the wisdom from above is, before everything else, pure; peace-loving, gentle, open to conviction, rich in compassion and good deeds, and free from impartial and insincere. ” *James 3:17*

Day 22

“Martha, Martha,” replied the Master, “you are anxious and trouble yourself about many things; but only a few are needed and only one is necessary. Mary has chosen the better part, and it will not be taken away from her.” *Luke 10:41-42*

Day 23

“The fear, honor and respect of the Lord is the beginning of wisdom; all those who practice it have a good understanding.” *Psalms 111:10*

Day 24

“Do not be conformed to this world, but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and acceptable and perfect.” *Romans 12:2*

Day 25

“Stay close to me and my message and you will know the truth and the truth will set you free.” *John 8:32*

Day 26

“For, although you were once in darkness, now, by your union with the Lord, you are in the light. Live as children of Light – for the outcome of life in the Light may be seen in every form of goodness, righteousness, and sincerity – always trying to find out what is pleasing to the Lord.”
Ephesians 5:10

Day 27

“But first seek his kingdom and the righteousness that he requires, and then all these things will be added for you.” *Matthew 6:33*

Day 28

“Everyone, therefore, who listens to this teaching of mine and acts on it may be compared to a prudent person, who built their house on the rock. The rain poured down, the rivers rose, the winds blew and beat on that house, but it did not fall, for its foundations were on the rock.”
Matthew 7:24

Day 29

“For if you cry out for discernment, lift your mind and heart to understanding.” *Proverbs 2-3*

Day 30

“God said to him, “Because you have requested this (wisdom) and did not ask for long life or riches for yourself, but you asked discernment for yourself, I will give you a wise and understanding heart,” *1 Kings 3:11-12*

Day 31

“But solid food is for Christians of mature faith – those whose faculties have been trained by practice, experience and discipline to distinguish right from wrong.” *Hebrews 5:14*

Day 32

“But Jesus answered, “In the evening you say ‘It will be fine weather, for the sky is as red as fire.’ But in the morning you say ‘Today it will be stormy, for the sky is as red as fire and threatening.’ You learn to read the sky; yet you are unable to read the signs of the times!” *Matthew 16:3*

Day 33

“While Jesus was in Jerusalem, during the Passover Festival, many came to trust in him, when they saw the signs of his mission that he was giving. But Jesus did not put himself in their power because he knew what was in their hearts. He did not need anyone to tell him about people because he could read what was in them.” *John 2:24-25*

Day 34

“But solid food is for Christians of mature faith – those whose faculties have been trained by practice, experience and discipline to distinguish right from wrong. ” *Hebrews 5:14*

Day 35

“So Daniel was brought before the king, and the king said to him, Are you Daniel, one of the exiles my father the king brought from Judah? I have heard that the spirit of the holy gods is in you and that you have insight, intelligence and outstanding wisdom.” *Daniel 4:9*

Day 36

“Do to others whatever you would wish them to do to you; for that is the teaching of both the Law and the prophets. Go in by the small gate. The road that leads to destruction is broad and spacious, and many go in by it. For the gate is small, and the road narrow, that leads to life, and there are few who find it.” *Matthew 7: 12-14*

Day 37

“Beware of false teachers – people who come to you in the guise of sheep, but at heart they are ravenous wolves. By the fruit of their lives you will know them. Do people pick grapes from thorn bushes, or figs from thistles? So, too, every sound tree bears good fruit, while a worthless tree bears bad ” *Matthew 7: 15-16*

Day 38

“My prayer is that the God of Jesus Christ our Lord, the all-glorious Father, may inspire you with wisdom and true insight through a fuller knowledge of God, that your minds may be so enlightened that you may realize the hope given by God’s call, the wealth of the glory of his heritage among Christ’s people, and the transcendent greatness of the power which he is able to exercise in dealing with us who believe in him. ” *Ephesians 1:17-19*

Day 39

“And therefore ... we have never ceased praying for you, or asking that you may be filled with the knowledge of the will of God, which comes through all true spiritual wisdom and insight. Then you will live lives worthy of the Master, and so please God in every way. Your lives will be fruitful in every kind of good action, and grow into a fuller knowledge of God.” *Ephesians 1: 3-8*

Day 40

“For you will be made strong in all things, with a strength worthy of the power manifested in His glory – strong to endure with patience, and gladness, whatever may happen to you; [12] and you will give thanks to the Father who made you fit to share the lot which awaits Christ’s people in the realms of light.”

Bible Translations Referenced

Open English Bible

The Jerusalem Bible

New International Version

Aramaic Bible

Holman Bible

New Living Translation

CONCLUSION

Welcome to the next chapter of your sacred story. Who is writing your story? Actually it's being co-authored by you and the Holy One. This next chapter calls you to Hear God.

Whatever momentum or rhythm you've been able to establish during this experience, let us pray that the Holy Spirit continues to give you the grace and desire to enter into the Divine Desert within and continue daily reading, Centering Prayer, Lectio Divina and personal reflection.

Now the invitation is to wake up and pay attention to this one, simple, ordinary, beautiful, sacred life you've been given. Perhaps during this experience there was a particular, word, phrase, page of the book or verse of scripture that spoke to your soul. Let it become an inner prayer mantra.

As you listen with your heart, you will hear the voiceless Voice of God saying, "This is the way, walk in it" (Is 30:21). Let it be your inner compass as you live out your 'yes' to the invitation to deepen your connection with God, your true self and others.

I am grateful we had this time to walk together with the Holy Spirit as your Guide. May we now live this awakened life together one day at a time, in peace with joy and ease. Let it be so!

Peace is with you, my soul friend.

Much Love,

Maria



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