



April 20

Exercising our Good Judgement

Spiritual Exercises for April 20 – 27

- **Read Philippians 4:4-9**
- **Continue your personal affirmation at mealtimes and any time you struggle:**

I can do all things through Christ, who strengthens me.

- **Continue to pray each morning: Lord, help me see and hear and know your will, so that I may help someone today.**
- **Re-read Paul's letter to the Philippians, chapters 1 & 2**
- **Consider and pray over the following:**

What decisions do I need to make today, or this week? What big decisions are looming over my life? How might prayer, and scripture readings, and service to others inform my decision? Have I known God in any new ways these last few weeks? What would it mean to turn over my big decisions, AND my little daily decisions to God?

- **Pick a decision or struggle, and determine to turn it completely over to God.** Wait on God's will, as you might hear it through scripture, prayer, and service to others. Or, you might hear God in worship, in music, from a small group or friends, or in other subtle ways or nudges. If you wonder if an answer is from God – go back to prayer, scriptures, and how it feels to be in service to others – your answer is usually there. Don't forget - God might answer yes, no, or not now/wait !! If this gets hard, remember your affirmation, or feel free to call the church office and talk to one of the pastors – 703-430-2203.
- **If you have any experiences from this affirmation exercise that are new to you,** consider journaling them, or sharing them with a friend, a small group or sharing them with the church, by e-mailing them to scalvert@galileeumc.net