

DISCERNMENT

IS IT A RUMBLING IN YOUR SOUL OR YOUR STOMACH?

humblefaithfamilywellness.com

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DISCERNMENT: The quality of being able to grasp and comprehend what is obscure.

AM I ACTUALLY HUNGRY?
IS THIS A TIME I WOULD
USUALLY EAT?
HOW LONG HAS IT BEEN
SINCE I LAST ATE?

YES NO

YES NO

_____ HOURS AGO

WHEN WAS THE LAST
TIME I CONNECTED WITH
GOD?

WHAT SITUATIONAL
COULD BE CAUSING THIS
DISTRESS?

HAVE I TAKEN IT TO GOD?

YES NO

PSALM 55:22A (NKJV)

CAST YOUR BURDEN ON THE LORD,
AND HE SHALL SUSTAIN YOU;

AM I BEING WILLFUL?

YES NO

AM I TRYING TO HOLD
ONTO CONTROL INSTEAD
OF GIVING IT TO GOD?

YES NO

WHAT TEMPTATION ITEM
IS HOLDING ME BACK
FROM SEEKING GOD?

