



# **Decision Making & Spiritual Discernment: The Sacred Art of Finding Your Way (The Art of Spiritual Living)**

*Nancy L. Bieber*

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Stay spiritually grounded and open to divine wisdom as you shape your life. “To make wise decisions, we need the aid of that wise and loving Spirit whose wisdom and light exceed our own. With the Spirit illuminating the complexities of our decisions, we can see and understand more about ourselves and our choices.” —from the Introduction Spiritual discernment is the traditional name for listening and responding to divine guidance. In this book you will approach decision making as an active participant, a co-creator with God in shaping your life. Drawing on twenty-five years of experience as a psychologist and fifteen years as a spiritual director, Nancy L. Bieber presents three essential aspects of Spirit-led decision making:

- Willingness—being open to God’s wisdom and love
- Attentiveness—noticing what is true, discerning the right path
- Responsiveness—taking steps forward as the way becomes clear.

With gentle encouragement, Bieber shows how to weave these themes together to discover the best path for you. Each chapter is enriched by practical spiritual exercises to help you understand yourself and your specific situation, as well as to strengthen spiritual discernment as a daily way of life. An appendix includes a detailed guide for using the book in group study.

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