

The Gift of Discernment

Discernment of Limits

The Gift of Discernment for Daily Life

Scripture: *“But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.”* – Hebrews 5:14 (KJV)

The gift of discernment is one of God’s precious tools for His people. It is the Spirit’s ability to see beneath the surface, to distinguish truth from error, and to sense what is of God and what is not. In a world full of noise, half-truths, and deception, discernment protects us and guides us in righteousness.

Paul warns in 1 Thessalonians 5:21-22, *“Prove all things; hold fast that which is good. Abstain from all appearance of evil.”* Discernment is not about suspicion or judgment, but about wisdom—choosing the path that leads us closer to God.

Story:

A farmer once had two dogs. One represented faith, the other doubt. They were always fighting. Someone asked him, “Which one wins?” The farmer replied, “The one I feed the most.”

Discernment works the same way. If we constantly feed our spirit with God’s Word, prayer, and fellowship, we will recognize His truth and walk in it. But if we feed our lives with the world’s lies and temptations, confusion will overtake us.

Closing Thought:

The gift of discernment helps us keep our eyes fixed on Jesus. When we practice it, we become like the wise servant who can tell when the Master is near. Let us pray for God to sharpen our spiritual senses, so that in every situation we can say with confidence, *“This is the way; walk ye in it”* (Isaiah 30:21).

Discernment of Limits

Scripture: *“There is a time for everything, and a season for every activity under the heavens.”* – Ecclesiastes 3:1 (NIV)

We live in a culture that often tells us to push harder, do more, and never stop. But Scripture reminds us that wisdom lies in knowing our limits. Discernment of limits is not weakness—it is wisdom. God Himself created the Sabbath, a day of rest, not because He grew weary, but to set a rhythm for our lives.

Paul writes in 1 Corinthians 6:12, *“All things are lawful unto me, but all things are not expedient.”* In other words, just because we *can* do something, doesn’t mean we *should*. Discernment is the Spirit-given ability to know when to say “yes” and when to say “no,” when to step forward, and when to rest.

Story:

There’s a story of a lumberjack who challenged another man to a woodcutting contest. From dawn to dusk they chopped. The challenger worked without stopping, swinging his axe without rest. But the lumberjack paused every hour, sat down, and seemed to be doing less. At the end of the day, the lumberjack had chopped far more wood. The challenger asked, “How could you beat me when you rested so often?” The lumberjack replied, “I wasn’t just resting. I was sharpening my axe.”

The lesson is simple: without discernment, we exhaust ourselves and become dull. But when we recognize our God-given limits, pause, and renew our strength, we become sharper and more effective.

Closing Thought:

To discern our limits is to walk in humility, trusting that God is in control. It means living in the balance He has set for us, remembering Isaiah 40:31: *“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles.”*

The Gift of Discernment for Daily Life

Scripture: *“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.”* – 1 John 4:1 (KJV)

Discernment isn’t just for big spiritual battles—it’s a gift God gives us for everyday decisions. It helps us know which voices to listen to, which friendships to nurture, and which paths to take. Discernment is like God’s

compass in a confusing world.

Proverbs 3:5-6 says, *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”* Discernment comes when we depend on Him, not just our own wisdom.

Story:

A young woman was offered a job that looked perfect—high pay, nice office, and plenty of perks. But when she prayed, she felt uneasy. She couldn't explain it, but the Spirit warned her heart. She turned down the offer, even though it didn't make sense at the time. Months later, she learned the company collapsed due to fraud. Her discernment—God's gift—had protected her.

Practical Application:

- Discernment helps us choose friends who lift us up rather than drag us down.
- It guides us to spend our time on what builds faith, not what drains it.
- It helps us recognize opportunities that are truly from God, instead of traps that only *look* good.

Closing Thought:

The gift of discernment is like spiritual eyesight. Without it, we stumble; with it, we walk securely. Let us pray daily, “Lord, give me discernment in my choices, my relationships, and my path, so I may honor You.”

Try the Spirits

Scripture:

“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.” – 1 John 4:1 (KJV)

Message:

The Apostle John warns us not to accept everything that sounds spiritual as truth. Just because someone talks about God, or even uses the name of Jesus, does not mean they are speaking for God. Our job as believers is to test, or “try,” the spirits.

How do we test them? John gives us a clear way in verses 2 and 3: *“Every spirit that confesseth that Jesus Christ is come in the flesh is of God.”* In other words, true teaching will always point to Jesus—His incarnation, His death, and His resurrection. It will align with Scripture, not contradict it.

The devil is clever, and false teaching often sounds close to the truth. That’s why we need discernment through the Holy Spirit and the Word of God.

Story:

A young man once went to a jewelry store to buy a gold chain. He found one that looked perfect—shiny and bright. But before he paid, the jeweler took out a small testing stone and rubbed the chain against it. When the acid touched the mark, the bright color faded—it was not real gold, only plated. The man was thankful the jeweler tested it, or he would have been deceived.

The same is true in our spiritual lives. Not everything that glitters is gold, and not every message is from God. If we fail to test it, we may be deceived. But if we measure everything against Scripture, we will know the genuine from the false.

Application:

- Test every teaching by the Word of God.
- Ask: Does it glorify Jesus Christ? Does it agree with Scripture?
- Pray for discernment, for the Holy Spirit is our guide into all truth (John 16:13).

Closing Thought:

God has not left us helpless. He has given us His Word and His Spirit so we can know truth from error. So, beloved, let us “try the spirits,” and cling to that which is truly of God.