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Nancy L. Bieber is a teacher, psychologist and spiritual director with thirty years of experience in working with individuals and groups in transition and change. A core leader with Oasis Ministries for Spiritual Formation, she leads spiritual formation retreats and workshops around the country. She teaches at Lancaster Theological Seminary.

DECISION MAKING & SPIRITUAL DISCERNMENT

The Sacred Art of Finding Your Way

By Nancy L. Bieber

A companion for staying spiritually grounded and open to divine wisdom as we shape our lives.

When it comes time to make important decisions in our lives, it is very human to want to feel that the decisions we are making are good. When we approach decision-making as a spiritual practice, we are recognizing that we need the aid of the wise and loving Spirit whose Light exceeds our own.

This is the practice of spiritual discernment, the traditional name for listening and attending to God's guidance. We approach decision-making in this book as active participants, co-creators with **God** in shaping our lives. Drawing on twenty-five years of experience as a psychologist and fifteen years of experience 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 path right for us
- Responsiveness—taking steps forward as the way becomes clear

With gentle encouragement, Bieber shows us how to weave these themes together so that they strengthen our decision-making process and help us find our path.

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