

# Pause, Pray, Discern

## A Checklist for Navigating Truth in Loud Times

Before reacting, reposting, or forming an opinion, pause and walk through this checklist prayerfully.

### PAUSE

- I am not reacting out of emotion
- I have slowed down instead of rushing to respond
- I am willing to sit with uncertainty before speaking

### PRAY

- I have brought this before God in prayer
- I have asked the Holy Spirit for wisdom and clarity
- I am open to being corrected, not just confirmed

### DISCERN

- I have listened fully before forming a conclusion (Proverbs 18:13)
- I am not being rash with my words or thoughts (Ecclesiastes 5:2)
- I am not placing trust in human voices over God (Jeremiah 17:5)
- I have asked God for wisdom rather than relying on my own understanding (James 1:5)

### Reflection Question:

What is God inviting me to see or understand more clearly before I respond?

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