

## Prayer Changes Us

Our encounters with the Light beckon us to change our lives. Early Friends came to Meeting for Worship expecting to be transformed. We might feel an inner change or opening toward kindness begin to draw us toward new ways of acting in the world. We might be led to repair a relationship or help others in a way that we might call "service." Or, we might be led to tell the truth about something in a public way that we might call "witness" like Friends holding a peace vigil or in a protest march.

The inner work of the Spirit or the Divine Presence can be mysterious and easy to overlook. The Spirit works through our regular, everyday feelings, gifts, thoughts, and relationships. It takes practice to be able to sense where the Inner Guide might be at work in us.

The outward work of the Spirit can also be mysterious and can also be easy to overlook. Ordinary people doing ordinary things are often doing the work of love and justice in the world and have been guided or inspired by that which is eternal.

### **How do we tell the difference between our own thoughts and thoughts that seem to be inspired by the Divine Presence?**

**Give it the Love Test**--When you think about every part of this idea or action, is there love and kindness directed to everyone this thought or action might touch?

**Give it Time**—Wait several days and see if the promptings of your heart still seem to be calling you in the same direction. At our house we say, "Before you are clear, you are unclear." Discernment takes time.

**Give it to a larger group of Friends**—Ask your family or Friends in your meeting to help you understand or discern what this leading might be.