

***From Discernment: Session 2 – March 19, 2025  
“Developing Discernment & The Gifts of the Spirit”***

<https://matthewroot.ca/resources/the-personal-compass-a-tool-for-discernment/>

- a. North: What is your ‘north star’? What is guiding you right now? What is it that orients you in your life choices right now?
- b. East: What is your ‘rising sun’? What is emerging in the world or in your life?
- c. South: What is your ‘sunny side’? What is energizing and exciting you? What is urging you to movement and spontaneity?
- d. West: What is your ‘setting sun’? What is coming to an end right now?
- e. Center: What is at your core right now? What is your ‘yes’ to true, wholehearted living?

