

## DISCERNING THE PATH

*"Those who are wise understand these things; those who are discerning know them. For the ways of the LORD are right, and the upright walk in them, but transgressors stumble in them."*  
(Hosea 14:9)



**Each** of us is on a unique journey with God. As Hosea states, "the ways of the Lord are right and the upright walk in them." I think we all want to be 'upright', which is defined as *"behaving in a moral or honorable manner."* The only way we can be sure that our journey is on the right path is with God's help. We need to determine what God's path is and follow God, like the baby flamingo in the picture is following his mother.

How do we go about discerning what direction God wants us to go? This is something we do every day of our life, but sometimes it helps to be more intentional about our journey. There are steps that apply to all journeys, whether it is a trip to the grocery or our spiritual journey of discerning God's path for our life. Those of you who have been following my blog this month will recognize the steps:

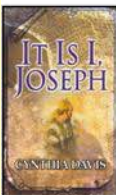
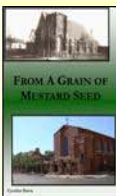
1. Determining that we want to go somewhere or make a change in how we live.
2. Get advice—from friends, scripture, study, etc.
3. Make a plan to reach our goal.
4. Set out in the direction we believe we are supposed to go.
5. After some time on the journey, evaluate whether we are getting closer to the goal.—do I feel closer or farther from God?
6. Adjust our path based on more advice and planning.

This past year, I've been struggling to discern what direction I should move in my call to writing the stories of the people of God. I knew I was being pushed to do something. Now new avenues appear to be opening up. Watch for further info here and on my website, as I pray for discernment about which direction to take...

Do you sense that God is urging you to try something new? Maybe you feel a new interest in some ministry or feel like you want to make a change in your daily routine. It could be as simple as doing something different in your prayer habits or something as grand as reaching out to help in a new way. Take time to work through the steps of discernment and see what happens. Whatever path we choose, it must be the one that shares the love of God with the hurting world that doesn't know that love!

I just came across this quote by St. Augustine (thanks Pat). I think it is a perfect prayer for anyone on a journey of discernment.

**"Come Lord, stir us up and call us back, kindle and seize us, be our fire and our sweetness, let us love, let us run."**



Book excerpts, reviews, and study options can be found at:

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## Signings & Sightings

**Jan. 10-Feb. 14—On a Journey with Hagar, Epiphany to Lent at**  
*footprintsfromthebible.blogspot.com*

**Sat., Feb. 20—4th Annual Authors for Literacy Event in Moriarty, NM starts at 10AM (speaking at 1PM)**

**Feb. 21-Easter—Simplify with Women of the Bible during Lent at**  
*footprintsfromthebible.blogspot.com*

**June 4-5—Annual Chama Book Fair at Cookin' Books**

**Watch for information on the upcoming release of *Mary, My Love* this year!**

## Recipe from Footprints

This year, newsletter recipes will be for beauty and home products that Women of the Bible might have used. Using simple household products, you can try out ageless beauty secrets.

This month, for other recipes using **Yogurt**, check out the new **Bible Beauty** page on my website!



### **Miriam's Moisturizer Mask**

1 T citrus juice (orange, lemon, lime, grapefruit or a mixture of 2 different juices)  
½ c yogurt (plain, unflavored)

Mix thoroughly. Apply all over face, as mask. Leave for 10-20 minutes. Remove with soft cloth. Because this moisturizer mask is all natural, you can use it daily. In fact, one recipe will make enough for several applications.

*Yogurt is an ingredient that can be used both for food and for beauty. It is a wonderful source of calcium and protein when eaten. The lactic acid is good for your skin. It can tighten pores, smooth, and soften your face. The addition of citrus adds an additional astringent property to the facial mask.*

It probably goes without saying, but if you are allergic to any ingredient in these natural beauty products, please do not try them!