

Salt n Light Reflections

Teaching

How to Apply, Discernment & Good Judgement in your everyday life

Hello all! Welcome to todays Teaching where I will be going over Discernment and Good Judgement.

first we need to understand what Discernment is? Discernment is :

Definition of Spiritual Discernment

Spiritual discernment is the GOD-given ability to perceive and distinguish between truth and error, good and evil, and divine guidance versus human or deceptive influences. It is closely linked to wisdom and understanding, enabling believers to walk in alignment with the will of GOD and to guard against deception. Scripture describes it as an essential element of the Christian life, rooted in obedience to GODs Word and dependence on the Holy Spirit.

Biblical discernment is something we need along with wisdom. It is rooted with wisdom, as we see in Proverbs 2 3-5 it says, "If you indeed call out for insight and lift up your voice for understanding if you seek it like silver and search it out like hidden treasure, then you will discern the fear of the LORD and discover the knowledge of YAHUVEH GOD."

This highlights the importance of discernment- and that it is also closely linked to the fear of YAH. We see in the New Testament that discernment is emphasized as a spiritual gift. The Apostle Paul, in his letter to the Corinthians, speaks of discernment as a gift of the HOLY SPIRIT: "To the one there is given through the SPIRIT the message of wisdom, to another the message of knowledge by the same SPIRIT to another faith by the same SPIRIT, to another gifts of healing by that one SPIRIT, to another the working of miracles, to another prophecy, to another distinguishing between SPIRITs (1 Corinthians 12:8-10). Here, discernment is

described as the ability to distinguish between SPIRITS, underscoring its role in spiritual warfare and the protection of the church from false teachings.

How can we apply this to our life's?

- Discernment is not only a Spiritual gift, but also a skill that can be developed through prayer, study of the Word, and reliance on the HOLY SPIRIT.
- In Hebrews 5:14 it says "But solid food is for the mature, who by constant use have trained their senses to distinguish good from evil. "
- Discernment grows with spiritual maturity, and the consistent application of biblical principles
- We want to make sure that we are exercising our discernment in testing the spirits, John warns believers in 1 John 4:1 "Beloved , do not believe every spirit, but test the spirits to see whether they are from GOD, because many false prophets have gone out into the world".

Discernment can help us to be discerning of teachers, prophets etc, we want to make sure that we are using discernment when listening to teachings, apostles, pastors and making sure they are lined up with the Word the Bible.

- In our daily lives, it is discernment that helps us to make wise choices that are aligned with YAHUVEH GODS will. In Romans 12:2, it encourages us to "Not be conformed to this world, but be transformed by the renewing of our mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of GOD."
- This transformation and renewal of our mind is so important for discerning YAHUVEH GODS will in all situations.
- In Philippians 1:9-10 it says "and this is my prayer: that your love may abound more and more in knowledge and all discernment, so that you may approve what is excellent, and be pure and blameless for the day of CHRIST" Discernment here is linked with love and knowledge, guiding believers to approve what is excellent and live blamelessly.

- In conclusion, Discernment helps us face challenges, it helps us with, through the Guidance of the HOLY SPIRIT, and the studying of the Bible, it helps us with our spiritual maturity. It helps us to know truth, from error and to live in accordance with YAHUVEH GODS will for our lives.
- A few verses on Discernment:
- [1 Kings 4:29](#)
GOD gave Solomon wisdom and understanding exceeding much, and very great understanding, even as the sand that is on the seashore.
- [2 Timothy 2:7](#)
Mark well what I am saying: the Lord will give you **discernment** in everything.
- [Philippians 1:9](#)
This I pray, that your love may abound yet more and more in knowledge and all **discernment**;
- [Psalms 119:66](#)
Teach me good **discernment** and knowledge; for I have believed in thy commandments.

Good Judgement: Teaching:

Using Good Judgement in our everyday life, is just as important as having Discernment and being attentive to it and applying it.

In what ways can we seek GODS guidance for "good judgment"?

Anchor Verse

"Teach me good judgment and knowledge, for I believe in Your commandments." ([Psalm 119:66](#))

Understanding Good Judgment

Good judgment is the ability to weigh choices in the light of GODS unchanging Word and act in ways that honor HIM. Because Scripture is true and authoritative in every detail, it becomes the secure foundation from which good judgment flows.

Ways to Seek GODs Guidance

- Immerse Yourself in the Word

- Read broadly and deeply; let “the word of Christ richly dwell within you” ([Colossians 3:16](#)).
- Keep passages that relate to your situation before you; meditate on them day and night ([Psalm 1:2](#)).

- Ask Boldly and Repeatedly

- “If any of you lacks wisdom, he should ask GOD, who gives generously” ([James 1:5](#)).
- Pray the very words of [Psalm 119:66](#), echoing the psalmist’s request for teaching.

- Trust, Don’t Lean

- “Trust in the LORD with all your heart and lean not on your own understanding” ([Proverbs 3:5-6](#)).
- Consciously surrender preconceived opinions; acknowledge Him in every detail.

- Listen for the Spirit’s Prompting

- Jesus promised, “When the Spirit of truth comes, He will guide you into all truth” ([John 16:13](#)).
- Cultivate stillness so you can recognize His gentle nudges ([Isaiah 30:21](#)).

- Seek GOD-Fearing Counsel

- “Plans fail for lack of counsel, but with many advisers they succeed” ([Proverbs 15:22](#)).
- Choose counselors who submit to Scripture; measure their advice against the Bible.

- Practice Obedience

- Obedience sharpens discernment: “By constant use [the mature] have trained their senses to distinguish good from evil” ([Hebrews 5:14](#)).
- Act promptly on what you already know to be right; light obeyed brings more light.
- Evaluate with the Whole Counsel of GOD
- Let related passages balance and clarify each other ([2 Timothy 3:16-17](#)).

Additional Biblical Insights

- [Psalm 25:4-5](#) models a humble, teachable posture.
- [Proverbs 2:1-9](#) links diligent pursuit of wisdom with finding “knowledge of GOD.”
- [1 Thessalonians 5:21](#) urges believers to “test all things; hold fast to what is good.”

Putting It into Practice

1. Start each day with a specific request: “Lord, teach me good judgment.”
2. Note every decision you face; pair it with a related verse.
3. Discuss major choices with at least two mature believers who love Scripture.

As you consistently submit to GOD’s clear, trustworthy Word, He shapes your thinking, refines your choices, and grants the good judgment you seek

Use judgment & knowledge daily? ►

How can we apply "good judgment and knowledge" in daily decision-making?

Psalm 119:66 — The Heart of Discernment

“Teach me good judgment and knowledge, for I believe in Your commandments.”

What Scripture Means by “Good Judgment and Knowledge”

- Good judgment (Hebrew ta‘am) — tasting, testing, discerning what is wholesome and what is harmful
- Knowledge (Hebrew da‘at) — knowing facts and also grasping God’s perspective

Together, they describe a life that not only knows GOD’s truth but skillfully applies it.

Practical Steps for Daily Decisions

1. Start with surrendered trust

- “Trust in the LORD with all your heart... He will make your paths straight” ([Proverbs 3:5-6](#)).

2. Soak your mind in Scripture each morning

- Short passages, read aloud, asking, “Lord, teach me judgment and knowledge.”

3. Ask specifically for wisdom

- “If any of you lacks wisdom, he should ask GOD who gives generously...” ([James 1:5](#)).

4. Pause to consult the Word before acting

- Keep a verse in view; let it question every option.

5. Invite wise counsel

- “Plans fail for lack of counsel, but with many advisers they succeed” ([Proverbs 15:22](#)).

6. Weigh motives by love

- “Let your love abound... so that you may approve what is excellent” ([Philippians 1:9-10](#)).

7. Follow the peace of Christ

- “Let the peace of Christ rule in your hearts” ([Colossians 3:15](#)).

8. Act in faith, not fear

- “Everything that is not of faith is sin” ([Romans 14:23](#)).

Ongoing Growth in Discernment

- Daily intake of Scripture matures judgment — “All Scripture is GOD-breathed... so that the man of God may be thoroughly equipped for every good work” ([2 Timothy 3:16-17](#)).
- Obedience deepens insight — light obeyed brings more light ([Psalm 119:100](#)).
- Gratitude keeps perspective — thanking GOD for past guidance fuels trust for future choices.

Takeaway:

Good judgment and knowledge flourish when we continually turn to GODS Word, rely on the Spirit, and practice obedience in the everyday moments that shape a life of wise, confident decision-making.

Bible Study Questions:

- What attitudes help or hinder discernment (humility, openness, pride, defensiveness)?

- Which character traits (fear of the Lord, patience, integrity, self-control) are linked to making wise choices?
- How can good discernment protect someone from acting out of anger, jealousy, or pressure?
- What would wisdom-led choices look like this week in your schedule, spending, relationships, or commitments?
- What habit would help you grow in discernment (prayer, Scripture reading, fasting, accountability,
- Where do you see judgment being used in Scripture—especially in decision-making situations?
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