

What Part of The Body Am I?

When the apostle Paul wrote his letter to the church in Corinth, he said a lot about the need for different gifts to make the Body of Christ work, but he didn't write specific instructions about how to discover those gifts.

We can be pretty sure these early Christians couldn't search the Internet for a "Spiritual Gifts Test." And while we're blessed to have these tools now, the fact that they are a recent invention reminds us that there are other equally valid ways of discovering our gifts. The most essential one may be discernment and prayer.

Here is a simple exercise to help you begin to discern the unique set of gifts God's Spirit of grace has given to you.

- 1) Find a quiet place where you won't be distracted for 30 minutes. Relax in body and mind and become aware of God's presence with you.
- 2) Pray and ask the Holy Spirit to bring to mind His answers to the following questions:
 - a. What activities have I done in the last month that brought me real joy, even if I initially resisted doing them?
 - b. In these activities, what strengths or gifts did I use?
 - c. What similarities or themes run through these activities, strengths, and gifts? Write these down.
 - d. Where can I find an opportunity to use one of these strengths or gifts again in the next week?
- 3) Spend a few more minutes just resting God's presence. If you are not sure you have heard from the Spirit, ask Him to show you what you can do to foster this connection.

Once we have heard a whisper from God about our gifts, we can trust that He is also inviting us to act! Expressing your gifts glorifies God, transforms your heart, and brings joy and life into the Body of Christ.

Give it a try; you have nothing to lose and everything to gain.