

The Wesleyan Quadrilateral

- Begin with a clear question or issue to be discerned. Remember that, as with any discernment process, it is important to let go of our desire for any particular outcome and turn our attention to what God is calling us to understand, to be, or to do.
- Enter an attitude of prayer. Sit in silence, breathe deeply, and release the tension in your body. Invite God to be present to you and ask for God's direction.
- Consider your question or issue through the four lenses:
 - *Scripture:*
 - What, if anything does scripture have to say about your discernment question?
 - Think of biblical stories that connect to your situation.
 - You may want to look the topic up in a Bible concordance. (You can find them online.)
 - *Tradition:*
 - What does Christian history have to say about your question?
 - What has been the position of the church in the past?
 - What do the church's statements of belief, the Book of Discipline, etc., have to say?
 - *Reason:*
 - What do your God-given intellect and capacity for reason have to offer in this question?
 - What is the most logical course of action?
 - What do you know to be true and not true in this matter?
 - *Experience:*
 - Based on your past life experiences, your experience of God, and your experience of living out your Christian faith, how are you feeling led to act in this matter?
- After putting your discernment question to all 4 points of the quadrilateral, stay in prayerful silence and let all this sink in.
- Which option or answer most provides a sense of peace or joy? Which one feels most right?
- Make a preliminary choice in the matter. Consider how that choice feels to you. It may take several sessions before you discern clearly what to do.