

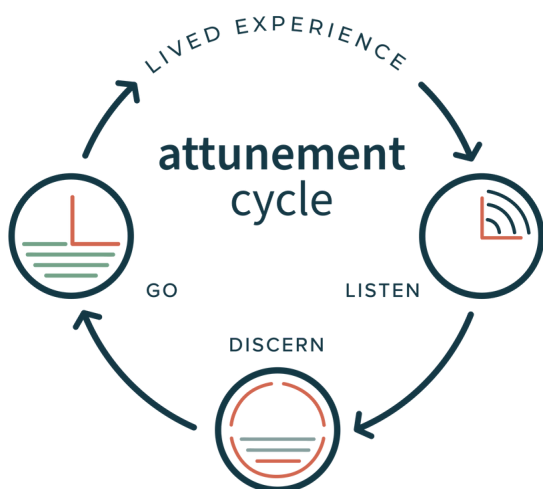
*Feeling weary,
burdened or anxious?*

*Jesus clearly calls us
to come to him, and
find rest for our souls*

But how do we actually do this? How do we experience Jesus and his easy yoke, especially in the difficult leadership contexts we find ourselves in?

SPIRITUAL ATTUNEMENT FOR DIFFICULT TIMES

- Tuning into the presence and guidance of Jesus is a skillset we usually need to intentionally learn and grow in
- Attunement exercises help us develop the muscles, movements and postures of attunement



We approach spiritual attunement as an iterative process and begin by focusing on a specific situation or area for discernment. We then:

- **Listen:** gain awareness - by noticing some of the deeper and wider themes at play
- **Discern:** identify what's most important to attend to - by discerning the key themes we most sense God inviting us to live further into
- **Go:** respond with our creative capacity, determining and taking next steps in resonance with God's guidance

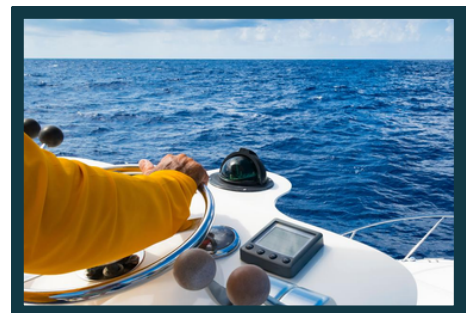


- Attunement techniques such as metaphor, remembrance & visualization help us surface from our heart-level awareness, often facilitating more experiential interactions with Jesus
- This in turn often:
 - Clarifies God’s guidance for us - helping us experience his “easy yoke”
 - Gives us a tangible sense of Jesus’ loving, powerful presence with us - helping us experience his “light burden”

With any sense of Jesus’ presence or guidance, test everything:

- Does it conform to the truth of Scripture?
- Does it engender the fruit of the Spirit?

For what passes the test, get in to motion, coming up with at least 1 next step to take in the direction of our best sense of God’s guidance, knowing he’ll show us more as we go



GOING DEEPER

See Attune’s Practice Page for a suite of powerful, audio-guided spiritual attunement exercises, designed to help us gain more of God’s presence & guidance for the leadership situations we face

ATTUNE’S APPROACH

Our process combines the actions of innovative design thinking with the postures taught in spiritual direction. This process helps people tap into more God’s wisdom and guidance for their organizational leadership challenges, while cultivating healthier, more adaptive and spiritually formed leaders and teams.

A

THE SITUATION

Heaviness rating (0 = none; 5 = very high) Before:

After:

B

Name some of the opportunities:

C

Name some of the obstacles:

D

Discern one opportunity, and one obstacle to focus on. Turn each one into a metaphorical, physical object:

E

Ask God to bring you back to a memory of his love. Embody that place. Invite Jesus to join you, and observe him:

F

Hand each object to Jesus and observe his response:

G

Your best sense of God's guidance:

H

Your best sense of his heart's posture towards you and your situation:

I

If it 1) conforms to Scripture & 2) engenders the fruit of the Spirit, what are 1+ near term, actional next step(s) you will take: