



THE WAY

A Narrow Gate Discernment Practice

A gentle way to return to the narrow way, one faithful step at a time

Use this practice whenever you notice worry, fear, striving, resentment, shame, avoidance or the need to control — everyday thoughts and behaviours that quietly keep us on the broad road. It brings the whole experience into the light of Christ, uncovers the belief beneath it, and helps you take one faithful step back onto the narrow way.

Move through it slowly, one step at a time. You need not finish in a single sitting.

THE JOURNEY HAS NINE STEPS

- 01 Name the situation.
- 02 Give thanks for the invitation.
- 03 Uncover the belief.
- 04 See its false promise and fear.
- 05 Bring it to Jesus.
- 06 Receive the narrow-gate truth.
- 07 Identify the new way.
- 08 Take one faithful step.
- 09 Surrender it in prayer.

Situation → Thanks → Belief → Promise → Jesus → Truth → Way → Step → Prayer

BEFORE YOU BEGIN

Note the date, and the area of life this touches. There is no need to write more here — the steps below will take you deeper.

Date

Life theme

e.g. work, relationships, wealth, health, family

01 Name the situation

What is the situation, and how does it make you feel?

Try: the situation is ... and it makes me feel ... Name it plainly, without judging yourself.

02 Give thanks for the invitation

Not for the situation itself, but because God is present within it.

What can I give thanks for? Where might grace already be present?

03 Uncover the wide-gate belief

*What am I believing because this has happened? What does it seem to say about me?
What must change before I believe I can be free, safe, loved or at peace?*

04 See the false promise it makes, and the fear it holds

This is why the belief has such a grip on us, and why we are reluctant to let it go — the false promise it makes, and the fear it holds.

What do I believe this outcome or escape will finally give me — freedom, security, worth, control, love?

What am I afraid will be true if I do not obtain it?

05 Bring the whole experience before Jesus

Jesus, what do You see here? What does Your life and teaching reveal about this?

Look for the Kingdom reversal: life through surrender, greatness through service, peace within the difficulty.



06 Receive the narrow-gate truth

*A gospel-shaped truth that acknowledges reality without letting it define you.
This situation is real, but it does not mean _____. In Christ I have already received _____.*

07 Identify the new way

*What would I stop doing? What would I begin doing?
What boundary, conversation, act of surrender or decision may be required?*

08 Choose one faithful step

*Keep it small and specific — enough light for the next step, not the whole road.
What is the next faithful step Jesus may be inviting me to take?*



09 Surrender it in prayer

*Bring the whole process to God – the situation, the belief, the longing, the fear and the step.
Where I am afraid, teach me to trust. Where I am striving, teach me to receive.*



The narrow way begins when the moment you notice becomes an invitation, when the belief beneath it is brought into the light, and Christ is allowed to tell you who you are, where freedom is found and what faithfulness looks like today.

ONE FAITHFUL STEP I WILL TAKE

Situation → Thanks → Belief → Promise → Jesus → Truth → Way → Step → Prayer