

A DECISION-MAKING EXERCISE

The Two Roads

For when you're at a crossroads and you're not sure where God is leading you next.

When you don't know which way to go

There are seasons when you can feel a decision in front of you and you're just not sure where God is leading. This is a simple, prayerful exercise for exactly those moments. Instead of only reasoning your way to an answer, you bring the decision to God and let him meet you in it.

It works best when you bring a decision that carries real weight without being the biggest choice of your life. Especially the first time through, resist the urge to start with something like "who should I marry." Choose something that matters enough that God's input on it would be genuinely valuable, and let yourself practice there first.

A word about imagination

If pairing the word "imagination" with the word "prayer" gives you pause, you're in good company. It gave me pause too for a long time, and that carefulness is understandable. So let me say plainly what we do and don't mean. God gave you your imagination on purpose, for good reasons, and he can use it to give you a fresh perspective you hadn't seen before.

We are not doing this in isolation. This is a tool we use alongside Scripture and alongside honest conversation with trusted people, never instead of them. All the way through, we keep handing our imagination and our senses back to God and asking him to lead. Held that way, imagination becomes a place to meet him, not a place to get lost.

Do you know?

God created your imagination. Even so, many Christians are afraid to use this ability. But when you dedicate your imagination to God, he can use it to speak to you.

How to hold this

There isn't always a clear right and wrong. Sometimes both roads are open, and God's invitation is into relationship with him along the way, not only into a single correct answer. He is far too creative for that, and he wants you to be part of what he's doing.

Heart posture matters more than technique. The most important thing to notice in this whole exercise is where Jesus is and how he is turned toward you.

Whatever surfaces is worth keeping. A feeling, a memory, a reaction in your body, a place where Jesus is standing: all of it is good material to bring back to God. Sometimes this surfaces something he wants to heal, and that is a gift, not a detour.

If you tend to be analytical, lean into what you feel. For thinkers, the felt sense on each road often carries information the mind has been too detached to notice.

A GENTLE CAUTION

Because this exercise invites your senses and memories, it can occasionally surface old emotion. If that happens, you don't have to push through alone. It is good and normal to pause and walk it out with God and with safe people. Hold this alongside good, trauma-informed care, never as a replacement for it.



Before you begin

Pray this, or something like it, in your own words:

Father, I dedicate my imagination and my senses to you. Quiet every other voice, and let me hear only yours. Open my heart to whatever you want to show me, even if it's just a small nudge of your Spirit. I trust you to meet me here. In Jesus' name, amen.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. — Proverbs 3:5-6

Name the decision

Get comfortable and grounded. Put both feet on the floor, take a few slow, deep breaths, and let yourself re-center. Then bring to mind the decision you want to walk through, and the two options in front of you.

The decision I'm bringing to God:

Road One (one option):

Road Two (the other option):



Walking the two roads

Picture yourself in a clear, open space with two pathways ahead of you. If doorways feel truer to you than paths, use two doors instead. Take your time with each step, and keep breathing.

A note for later: start with two roads while this is new. Once the exercise feels familiar, you can walk three options the very same way, taking each road one at a time and asking God the same questions on each.

01

Ask God to lead

Before you take a step, pray. Prayerfully submit your imagination and your senses to God, and ask him to speak to you through them. This whole exercise is done with him, not just about him.

02

Stand at the fork

See yourself standing where the two roads divide. Take a breath here. You don't have to choose yet. Just notice what it is like to stand at the crossroads, with a real choice in front of you.

03

Walk down Road One

Choose one option and imagine actually walking down that road. What does it look like? What does it feel like? Use your senses to make the picture as clear as you can. How does your body react as you walk this way?

Now look for Jesus. Where is he in relation to you: close by, or in the distance? If you can see him, what is his posture, and what does his face look like, warm and compassionate, or questioning? If you can hear him, what is he saying? If you can't see or hear him, where is he?

Which parts of Jesus' character and nature do you notice on this road? Which parts of your own character and gifting are on display, or growing, if you take this option? Then turn around and look back at the crossroads. How does it feel to look back from here? Walk back to the decision point.

04

Walk down Road Two

Take a breath, and now imagine walking down the other road. What does it look like? What does it feel like? Use your senses to make the picture as clear as you can. How does your body react as you walk this way?

Now look for Jesus. Where is he in relation to you: close by, or in the distance? If you can see him, what is his posture, and what does his face look like, warm and compassionate, or questioning? If you can hear him, what is he saying? If you can't see or hear him, where is he?

Which parts of Jesus' character and nature do you notice on this road? Which parts of your own character and gifting are on display, or growing, if you take this option? Then turn around and look back at the crossroads. How does it feel to look back from here? Walk back to the decision point.

05

Reflect and compare

Holding both roads together: Which one felt right? Which choice felt most free, most alive, most inspired? Which felt stagnant or heavy? Where did Jesus feel nearest? Which option might God be guiding you toward?

You may not land on a final answer today, and that is okay. This is as much about meeting God as it is about the decision.

Anything that surfaced to bring back to God (a feeling, a memory, something he may want to heal):

Close in gratitude

Finish the way you began, with thanks. Thank God for meeting you, for anything he showed you, and for walking both roads with you. The truth we thank him for tends to be the truth that sticks. And if nothing feels fully settled yet, thank him that the conversation is open, and that he is with you on the way. From barriers and burdens to breakthrough, one honest step at a time.

Thank you, Jesus, for walking both roads with me. Thank you for what you showed me, and for what you are still showing me. I trust you with this decision and with my next step. Lead me, and I'll follow. Amen.