

# Equip: Discernment for what's true

July 10, 2025

One Thursday morning, my wife and I were watching a CNBC story on YouTube influencers using generative AI to create content.

The feature covered everything from the monetary benefits of making such video to concerns about online influencer platforms saturating the web with poorly created video and images.

The report led to a lengthy, substantive family discussion over the importance of discerning what's real and what's fake.

I was born in 1984, which makes me a Millennial.

As a kid, I had the great privilege of enjoying tape cassettes, VHS tapes, CDs, DVDs and CD-ROM games. I still recall during my teen years how adults were scrambling to figure out the fast-changing pace of tech and the growing, reasonable concern of whether you were talking online to another kid or to an adult with dangerous intentions.

Growing up, Proverbs 3:5-6 was a theme in my household: "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge him, And he shall direct your paths."



(Kendall Lyons ©2025)

I heard those Scriptures repeatedly at church and home. This typically led to ongoing conversations with adults about how important it was to hear from the Lord and to trust in the Lord rather than my own eyes or ears. That wisdom served me well as I entered adulthood.

Going into journalism and later ministry, I found myself checking the factuality of things written and reported. This wasn't because of a lack of faith. Instead, it was to learn how to practice discernment throughout my day to day life.

The world today needs more people, particularly Christians, to practice discernment in a culture challenged with the blurring lines of reality and fiction.

## How the Bible defines discernment

Merriam-Webster defines "discernment" as "the quality of being able to comprehend what is obscure," or indistinct. Biblically, the term is closely related to having insight and understanding.

What better place to gain and grow godly insight and decision making than through God's word?

In 1 Kings 3:9, Solomon asked the Lord for an "understanding heart." Other translations may render that statement as a "discerning mind." He asked to rightly "discern between good and evil."

In Philippians 1:9-10, Paul prays that "your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ."

We need the Holy Spirit to be able to discern even that which is of the Spirit of God.

1 Corinthians 2:14 tells us, "The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned."

Fortunately, we can ask the Lord to teach us good judgment and knowledge (Psalm 119:66).

## **Practical steps toward daily discernment**

Discernment can start with Jesus. We can ask the Lord to give us the right thoughts, guide us in making the right decisions, and trust him to give us the right solutions and directions that are within his will.

We grow our relationship with Christ by spending time in God's word and in prayer and in fellowship with other believers. When we do this, we can grow our understanding of what it means to discern things spiritually from God, as well as discern circumstances and challenges in our world.

Asking questions also can keep you out of trouble. Whether it's a question for my boss or coworkers, or whether it's a question for my pastor, I strive to make sure I have a proper understanding on matters I must face.

When we humble ourselves and seek the Lord, we reap the benefits of living a life full of wisdom and understanding that keep us from operating in a place of pride and self-reliance.

When we pray and ask the Lord for understanding and wisdom on a matter, we should trust the Lord will give it to us. Not only will such an answered prayer benefit you, but it will benefit others around you.

Imagine being able to give insight and direction that helps others see what's true and what's false. And even better, to be able to see Jesus for who he is and who he can be in their lives.