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Guidance is no new idea. We are all guided by something, often unconsciously: by money and status; by what the neighbours think; by sex, success, security; by self-interest, self-importance, likes and dislikes, reactions and feelings.

But that is not the kind of guidance we are thinking of now. Just the opposite.

It is sometimes asked, is not guidance just your conscience? It is, but it is more than that. Conscience tells the difference between right and wrong. Guidance tells which right thing to choose. Conscience corrects. Guidance directs.

Of course, conscience is sometimes flexible! A doctor once introduced himself, "My name is XYZ. Pulse 200. I have very little conscience left and what I have is guilty!"

Guidance requires two things - absolute honesty and a readiness to obey. It is for everything or its nothing. If we compromise anywhere, we are compromised everywhere. Remember it is always the last five per cent that counts.

Write down the thoughts you get. All of them. It is easy to forget. A man told his doctor: "My trouble is I cannot remember anything from one moment to the next."

Doctor: "When did this trouble start?"

Patient: "What trouble?"

Writing makes your thoughts definite. Mind is then free for the next thought.

Have it daily. Like breakfast. But before breakfast! First thing before the day starts. The violinist tunes his violin before the concert, not after. It sounds better that way!

Half an hour a day is the basic minimum, except when you are very busy. Then an hour is necessary!

Test guidance with friends. But don't overtest. Act on faith.

Guidance comes in activity, not in passivity. A ship at anchor does not need a rudder. The story goes of the man who prayed: "O God, help me." God replied, "How can I help you? You are not doing anything."

A big enough aim is necessary. If we are rowing a small boat on a lake on a calm summer day, we do not need a large compass. While crossing the Atlantic we do!

Guidance becomes a reality the minute it becomes a necessity.

Don't use God like the Fire Brigade: to be called upon only in a crisis. A girl once said: "Whenever I saw mummy on her knees, I knew something awful had happened in the family."

It is not a spare-wheel, but a steering-wheel.
It is not just for saints or experts, but for everybody.
It is not a substitute for hardwork, but the secret
of effective work.

It is not a technique or a ritual, but the fruit of a
living relationship with God.

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Adopted and Abridged from a speech by Mr. Loudon Hamilton.