

Discernment



Christian Decision Making



Discernment

- How does one discover God's will among the many choices we have?
 1. We must believe that God does indeed have a will for us in a decision.
 2. We must believe that God will reveal His will through a conscientious reflection on our inner experiences.
 3. We must desire to know God's will and not simply have our inclinations or will confirmed. Be open, honest and free – listening to the Holy Spirit.



Discernment

4. We must intend to carry out God's will when it is made known.
5. The decision must be in conformity to God's universal will as known through other channels: scripture, the moral teaching of the Church.



Discernment

- One way to discover God's will is to discern
- Personal listening to the Lord and discovering in prayer how God wishes me personally to act
- It is an art learned only by doing



Discernment

- It is the art of interpreting God's word to us and will for us
- The experience required is an experience of God
- In prayer we come to know God's likes and dislikes, desires for us and our world
- If two people love each other they become experts in interpreting their moods, wishes, hopes and fears.
- Prayer allows us to fall in love with our God who already loves us

Discernment





To Discern is

- Decision making
- Make up your mind
- Settle on
- Make a choice
- Opt for
- Conclude
- Choose
- Decide
- Reach a decision
- Pick
- Go for



The art of Discernment

- Evaluate the situation (research the topic)
- Develop options
- Weigh the options
- Discernment is a process
- Consider the pros and cons of each option
- Notice your deepest desires and feelings
- Pray to be aware of God's desires for you
(pay attention to what God is saying – through His word; everyday events; others; in your heart)



Discerning a job change

Pros

Closer to home
New opportunities
Know the people
Like challenges
Have some ideas
Skills for the job

Cons

Ambivalence
Loss of independence
Unfamiliar territory
Move to a new city
Like what I am doing



Discernment Process

- Pray for freedom and openness to where the Spirit may be leading
- Clarify the choices before you
- Make a list of the pros and cons for each choice



Discernment Process

- Take time to mull these over and weigh them against each other (imagine yourself being or doing...) How does it feel? Is it a good fit?
- Consult with a friend, mentor, or spiritual director
- Confirm a decision in prayer, placing it before God, and testing to see if it leads to peace in God.



Confirmation of your choice

- Internal confirmation: Peace, satisfaction, sense that it is right,
- External confirmation: It is working; allow others(mentor or trusted guide) to evaluate how they find you



Focus in discernment

- Responding to God's grace at work in all the messiness of our lives
- God invites and lures us forward from within the complexity of our lives.
- God calls us to assume the responsibilities that are ours for our personal and communal future.

Discern to Live Life Fully Alive



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