

## **DISCERNMENT**

We often wonder what God wants of us, what is God's will for us. But how do we make personal choices, good choices, that we believe God wants too! This process is called discernment, or making choices in a process of prayer and listening to God.

In order to do discernment, you need to engage in regular and serious prayer. You need adequate information about the issue you are praying about. You need to reflect on your feelings in relation to God. You need to be aware of your reasoning as you make the decision. And you need to be open to God confirming your experience.

Here is one way to do this. Begin by praying Psalm 63.1:

God, you are my God.

My soul is thirsting for you,

My flesh is longing for you,

A land parched, weary and waterless.

Believe that you want what God wants for you!

1. What is the issue? Pray for clarity about the exact nature of the decision.
2. What are your choices? Do you feel called to a particular choice? What brings out the emotion in you?
3. What are the pros and cons of each choice? Make a list.
4. Evaluate each choice in light of the Gospel, or what would Jesus do?
5. Do you feel God pulling you toward a particular choice? What would be the fruits, the positive results, of that choice in your life?
6. When you sit with your decision, are you at peace?