

Discernment - A Brief Overview

What do mean when we say “to discern”? Simply put, to discern is:

- to spend time listening;
- to admit that we are powerless over our own ability to be certain, to be in control, to have all the answers;
- to set out on a journey with God, confident that we will be cared for, that we will have all we need and that we have nothing to fear;
- to really live life by the choices we make and not allow ourselves to be the victims of circumstance;
- to take responsibility for the direction of my life, and not depend on anyone else for my happiness;
- to actively cooperate with God in co-creating a future full of hope, meaning and promise;
- to be alert, frightened, surprised, joyful and rooted (sometimes all at once).

Discernment involves making decisions after we have spent some time listening . It involves some simple steps.

Here is a guide to help you.

- Clearly define the choices that lie before you.
- Make a list of the pros and cons of each choice.
- Take some quiet time and pray with this list.
- Name the motives that are drawing you to choose one choice over another.
- Check to see how these motives fit into your value system.
- Notice is you are experiencing peace with the choice you made.
- Share your experience with a trusted friend and ask for some input if you are not feeling peaceful or if you are unsure of your own assessments.
- Take some additional time to pray asking the Spirit for guidance.

Remember:

When the right decision comes, peace and joy can be signs that this choice is right for you.