

DISCERNMENT - EXERCISE

DISCERNMENT AND DECISION-MAKING

Connecting with our experience

Imagine there is an opportunity to volunteer in Syria for 6 months.

- What are some of the factors and “voices” that could influence your decision to go?
- What would help you confirm that you made the right call?

What does the word “discernment” evoke in you? What have been your experiences, positive and negative, of discernment?

- What is it like when God is there with you? What are you like? What is the world like?
- Recall a time when you made a choice when you were completely true to yourself, with a desire to do good and a deep sense of consolation. How did things turn out?
- What is it like when you are disconnected from God? What are you like? What is the world like?
- Recall a time when you made a choice when you were depressed, frustrated or under the influence of disordered affections (anger, attachment, anxious...). What was the outcome?
- Recall a time when you have chosen what appeared to be fun or pleasurable but proved to be a choice that left you deeply dissatisfied? What learning did this experience carry about yourself? About the influences that guided your choice?

Sharing our experience in small groups

FROM REFLECTION TO ACTION

Reflection: Reacting to Ignatius’ text

- 1) What responses arise within you as you read Ignatius “rules” for discernment?
- 2) How can these instructions help you to make better choices?
- 3) How does the text challenge you?

Action

- 1) I choose one area in my life that I desire to understand better and make a sound decision in.
- 2) I share that topic with a spiritual director and discuss with him the applications of Ignatius’ rules to my particular case.

ADDITIONAL EXERCISES

There are currently no additional exercises for this section