

Discernment

Discernment is listening to the voice of Jesus and doing His will, exactly His Way. Discernment is aligning ourselves with God's love and intention. Discernment is Spirit led decision making which can be done by individuals or groups. Discernment is "an invigorating journey, not a predictable tour."

Discernment is a **process** having

a **beginning**- formulate a question: What does Jesus want? What would Jesus do?

A **middle**- prayer, discerning- pros and cons. Waiting for Jesus to speak, may take time.

An **end**- make a decision for Jesus' way.

A **follow up**- once we choose for Jesus, we need *to follow through* with a Jesus plan- no sins, addictions, deceit, etc.

Discerning is also a **life long journey**- from knowing little about Jesus to knowing Him intimately.

We move from head people to heart people. We truly learn to put on the mind of Jesus. The closer we are with the Lord, the easier it is to discern. Discernment is a **way of life**.

Discernment is a decision. It is choosing to do God's Will over all other things and options in your life. The more you discern, the easier it is.

Discernment is for **little and big** decisions.

Little- Which choice should I make today- where to go, who to speak with, etc.?

Should I call someone or go to adoration? What possessions should I give away today?

Big- What house should I buy? What do I do as I age? How can I help dysfunctional friends or family?

Ways to discern personal spiritual gifts:

1. **What makes your heart sing? What gives you life?**

2. **Formulate the question:**

Pros

Cons

Group Discernment- method

1. **Pray for the insight of the Holy Spirit to align ourselves with God.**
2. **Formulate a question for the group to discern.**
3. **Discuss and outline the pros and cons. Each person speaks only for self.**
4. **Pray and listen to the Holy Spirit in each other.**
5. **Listen to Scripture passages which come in prayer.**
6. **Conclusion should be, "This is what Jesus and the Holy Spirit want now."**

Discernment requires a groundwork or foundation of virtues

Love of God, self (know your limitations, virtues and needs), others and nature.

Detachment- can I let go of my way to follow Jesus' way? Can I treat Jesus' yes or no **equally**?

Unity- I am only one of many parts of the Body of Jesus. Can I want only what Jesus wants?
Can I unite with others to do this for Jesus?

Righteousness- a total commitment to God's right way as shown through Scriptures, others, Church tradition, etc.

Patience- wait for Jesus to speak in His time and way.

Total person committed to follow Jesus

Is your **body** your major focus? If so, how can you hear Jesus?

What is your **mind** on throughout the day? Put on the mind of Jesus 24/7.

Is your **spirit**, angry, distracted, hurting or unforgiving? How can you hear Jesus?

Discernment is not:

just a guess or a stab in the dark.
going with **any** flow-(unless it is the flow of the Holy Spirit.)
indifference, fear, passivity or unforgiveness.
following the majority.

Discernment means we are willing to learn something new.

We are willing to change.

We are willing to place Jesus and God first.

We are willing to wait for Jesus to answer.

Each experience of discernment teaches us

What does God or Jesus want?

What is the Jesus way to do this?

How can I use this time of discernment for Jesus?

What is the gold within this decision making?

What lessons am I learning in this process?