

Leader Resource ~ What is Discernment

The process of Discerning our Charisms is more than making a decision...you will be moved to feel the effects inside yourself...in your heart.

Discernment describes a wise way of judging between things, or a perceptive way of seeing things, understanding the obscure with the aid of the Holy Spirit.

Ignatian Definition of Discernment ~ Pondering and noticing interior movements of attraction and heaviness are at the heart of Ignatian discernment. Discernment involves **prayer and weighing facts and feelings about the several good choices** which ultimately leads to a choice about what is the best fit for an individual in their role in God's plan.

Jesuit David Fleming, SJ, **offers Helpful Attitudes for discernment process for seeking God's will**

1. **Openness:** Experiment with open mind and open heart. We can't find God's will for us if we enter the process with a pre-conceived outcome based on our self-will.
2. **Generosity:** Enter the process with openness, putting no conditions on what God might call us to. This is like writing God a signed "blank check" letting God fill in the amount and content of the check.
3. **Courage:** Openness and generosity require courage. God might be asking something difficult, challenging, and risky of us. It takes courage to give up control and trustingly put the decision in God's hands, seeking God's will over our own.
4. **Interior freedom:** Deepest desire is to do whatever God's will is with no conditions attached.
5. **Our Priority** – To seek and to find how God is calling me at this time of my life, and to respond by cultivating our Charism.