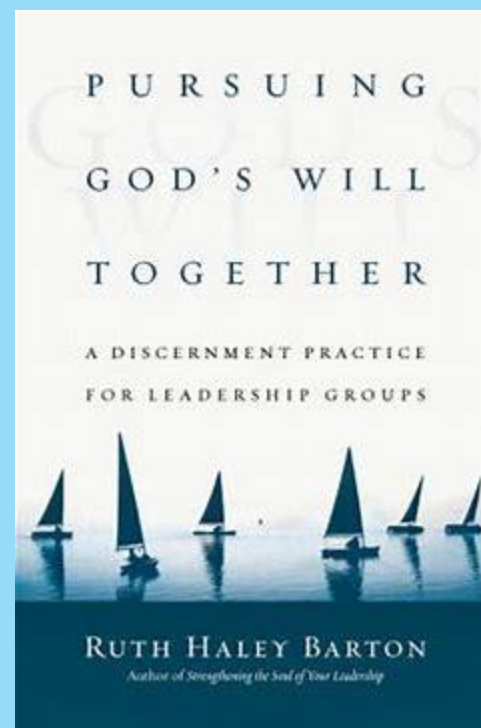




Spiritual Discernment





- What is Spiritual discernment
- Examples
- Practical steps



What is Discernment?

- The Ability to Judge well
- The quality of being able to comprehend what is obscure
- A wise way of judging between things



What is Spiritual discernment?

Decisions made from a deep listening to God and each other

Prayer and self knowledge

Spiritual practice – Holy Habit



Examples

- Individual discernment e.g. me
- Community discernment e.g. Acts 15



Practical Steps

Prayers of – Indifference / Wisdom / Quiet Trust

Gather, experiences, facts, information

Ask good questions around – Calling / Consolation and

Desolation / Desire / Scripture / Life of Christ / Love /

Community

Walk with options

Seek inner confirmation

Not necessarily black and white



1. Yes I wholeheartedly agree with the proposal and am happy to support it
2. Whilst I have some reservations, on balance I think there are more positives so will support the proposal
3. I have reservations and am not personally convinced. But looking round my community I see I am in a minority I trust my team's wisdom and respect their views, so although I don't agree I will yield to the majority
4. No I disagree with the proposal and cannot support it. Let's not agree this and go back to the drawing board.



Listen Deeply

- Stay curious not reactive
- Lean into vulnerability
- Stick with the messy middle
- Pray without ceasing
- Listen with love and attention
- Listen together and in silence
- Look for peace and unity