

The Four Steps of Discernment

Step 1: Pray

- What decision are you facing that you feel God is inviting you to discern?
- Spend time in prayer about this decision trusting that you are not alone in this discernment process.
- Capture the thoughts, feelings, concerns, excitement you feel as you pray about this decision.
- Who needs to join you on your discernment journey? A spiritual director? A trusted friend? A spouse? A parent? A mentor?

Step 2: Gather Data

- *Mode 1:* Start with the facts. What do you know about your choices at this point?
- *Mode 2:* Where do you feel the consolation about your decision? Where do you feel desolation?
- *Mode 3:* If there is no clear choice after praying with the movements of consolation and desolation, pick one of the tools to help you discern now and spend time working with this tool in prayer. Capture what arises in prayer as you use one of these tools.
 - o Make a Pro/Con List
 - o Act as if you made the decision and ponder the outcomes
 - o Act as if a friend came to you seeking advice for your similar situation. What advice would you give them?
 - o Pondering the situation at your death

Step 3: Come to a Decision

- Do you feel ready to make a decision? Or is God inviting you to spend more time in prayer about this decision?

- If you feel it is time to act, what is God inviting you to do?

- Internally commit to the decision and check the fruits.

Step 4: Act

- What action steps is God inviting you to take?

- Live into your decision. Continue to check the fruits! What are the fruits of your decision?