

DISCERNMENT PROCESS

Discernment – requires patience, is deliberate

Crisis – Not a time to make a decision but can begin asking questions.

Timeline – conscious process of making choices that can avoid simply reacting to situations

THE LISTEN METHOD

L – LOOK AT THE FACTS

I – IMAGINE POSSIBILITIES

S – SEEK INSIGHT BEYOND YOUR OWN

T – TURN INWARD

E – EXPECT GOD’S HELP

N – NAME YOUR DECISION AND ACT ON IT

A) LOOK AT THE FACTS – data only; this is what you know and can measure

B) IMAGINE POSSIBILITIES

- Step 1 – Brainstorm (No limitations or logical boundaries) make as exhaustive a list as possible from no logic – to little logic – to logical – to restrictive
- Step 2 – Brainstorm again as you step into each imagined possibility –
Ask questions such as:
 - How long?
 - Who is affected?
 - Cost?
 - Level of attraction to you 1-10?

C) SEEK INSIGHT BEYOND YOUR OWN

- Name your wisdom figures – Contact and consult
- (Combination of male\female, personal history with you, reasonably aware of your “present situation”)
- Develop relationship with a Spiritual Director
- Record insights given to you. Not your interpretations of what they say rather their words

D) TURN INWARD

1. Name desired values
2. Name lived values – your behavior will tell you what you value (how you spend your time, money, associates/friends)
3. List hopes/dreams
4. List disappointments/frustrations
5. List lived satisfactions (present)
6. List with whom you share responsibility

7. What are your present commitments?
8. People you love/care for (exhaustive a list as possible)
9. Return to 1 & 2 compare and consider

E) EXPECT GOD'S HELP -- Approach with confidence, trust in grace

- Prayer: reflection, solitude, petition, thanksgiving, praise
- Scripture and sacred writings
- Breaking Bread and sharing communion

F) NAME YOUR DECISION AND ACT ON IT

1. Live 2-3 weeks as though you have done it
2. Live 2-3 weeks as though you have not
3. Choose it or let it go

CHOOSE! Do not just fall into something or end up doing or not doing something just because time runs out. Don't live your life by default (allowing things to happen to you when you have a choice)