

# HELPING YOU DISCERN

SOME ADVICE IF YOU'RE TRYING TO FIGURE OUT WHAT TO DO WITH THE PRECIOUS GIFT OF YOUR LIFE



## COMPANIONSHIP

It helps to have a spiritual director when you are discerning – someone wise, mature in a life of prayer, and a bit removed from it all who you can talk to about what's going on and who can feed back to you objectively from what you say.

### BE CHOOSY

Be choosy about who you seek advice from – a good starting point is a youth minister, your priest or a religious sister or brother.

## ENJOY THE PRESENT MOMENT

LIFE IS GOOD. ENJOY IT.

Don't get too caught up in the future, for the present can teach you so much about yourself.

Noticing what brings you joy will lead you to choosing a way of life that is most fulfilling and uses your gifts and talents best.

## REMEMBER TO PRAY

PRAYER NEEDS TO BE YOUR TOP PRIORITY,

as a vocation is more than a career – it's a response to God's invitation for your life.

Seek the Lord in prayer, taking all that you are to Him.

*Sit with Him.*

What is He saying? How are you responding? What is your heart saying?

If praying is the last thing you want to do, ask the Lord to give you a desire to pray.

## NOTICE THE SIGNS

ARE YOU ATTRACTED TO A LIFE OF PRAYER? TO A LIFE OF SIMPLICITY?

When you speak to a married couple and hear about the highs and lows of their life, do you come alive?

Or do you feel a sense of joy when listening to a priest or a consecrated person share?

What gives you a sense of rightness, of joy and peace, of restlessness, of excitement?

God is speaking to you through all these feelings, so listen!

GOD'S PROMISE IS THAT HE IS WITH US UNTIL THE END OF TIME  
MATTHEW 28:20

## DON'T PANIC

"Do not fear, for I have redeemed you;

I have called you by name, you are mine.

When you pass through the waters, I will be with you;

and through the rivers, they shall not overwhelm you;

when you walk through fire you shall not be burned,

and the flame shall not consume you."

ISAIAH 43:1-2

## IGNATIUS DISCERNMENT EXERCISES

ST IGNATIUS GIVES US SOME GOOD PRINCIPLES FOR DISCERNMENT THAT MAY HELP YOU:

- A. God gave us the gift of reason so use it to help you discern. What are the pros and cons of this decision? Weigh them up and then sit with each one in prayer.
- B. Imagine yourself talking to someone else in your position – what would you tell them?
- C. Imagine yourself on your deathbed or standing before God. Which roads would you wish you had taken?

## JESUS TAUGHT US TO PRAY

## SURRENDER

Jesus taught us to pray "Thy will be done" because that is ultimately what will bring us greatest fulfilment in life.

It is important, after doing the above exercises, to surrender any choices that you might make, and ask the Lord for confirmation – is this what He is leading you to?

Will your decisions give greater glory to God?