

PICKING A PATH:

A Guide to Discernment

Discernment

Discernment is a Christian process that involves more than making a decision; it includes prayerfully seeking God's guidance on significant life choices like career paths, marriage, or mission trips. This guide will help you consult God's will in these important decisions.

Step One: Pray for Guidance

Discernment requires listening for God's direction through prayer, Scripture, and the sacraments. Enhance your routine with daily Scripture reading, regular Mass attendance, and 20-30 minutes of prayer each day. Remember, God is ready to help once we reach out to ask.

Step Two: List Your Options

Start by listing all possible choices to guide your discernment process. Write them down on paper or in a journal, leaving space for notes and considerations without eliminating any options yet.

Step Three: Ask Questions

Assess your options by bringing thoughtful questions to prayer and allowing God to influence your choices. Consult a priest, spiritual director, or a trusted friend for difficult decisions.

Step Four: Next Action Steps

For the options that remain, determine what next steps you should take to further explore these paths. Actions might include filling out applications, going to interviews, or asking questions to those already involved in the fields you're considering.

Step Five: Proceed (With Prayer)

As you move forward, deepen your prayer life. Keep in mind that discernment is continuous, and God values time with you beyond decision-making. Reflect on your experiences and seek God's guidance on new questions.

Step Six: Choose and Trust

As you move forward, deepen your prayer life. Keep in mind that discernment is continuous, and God values time with you beyond decision-making.