

Discernment Listening Guidelines

The goal of spiritual discernment is to hear God's guidance.

1. Take time to become settled in God's presence.
2. Listen to others with your entire self (senses, feelings, intuition, and rational faculties).
3. Do not interrupt.
4. Pause between speakers to absorb what has been said.
5. Do not formulate what you want to say while someone else is speaking.
6. Speak for yourself only, expressing your own thoughts and feelings, referring to your own experiences. Avoid being hypothetical. Steer away from broad generalizations.
7. Do not challenge what others say.
8. Listen to the group as a whole – to those who have not spoken aloud as well as to those who have.
9. Generally, leave space for anyone who may want to speak a first time before speaking a second time yourself.
10. Hold your desires and opinions – even your convictions – lightly.

From *Grounded in God*, Revised Edition
By Suzanne G. Farnham, Stephanie A. Hull
and R. Taylor McLean

St. Francis of Assisi [Benedictine Prayer Book]

Lord, make me an instrument of your peace; where there is hatred let me sow peace,
where there is injury let me sow pardon, where there is doubt let me sow faith,
where there is despair let me give hope, where there is darkness let me give light,
where there is sadness let me give joy.

O Divine Master, grant that I may not try to be comforted but to comfort,
not try to be understood but to understand, not try to be loved but to love.
Because it is in giving that we receive, it is in forgiving that we are forgiven,
and it is in dying that we are born to eternal life.

Ephesians 4, 2-6 (New Living Translation)

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Always keep yourselves united in the Holy Spirit, and bind yourselves together with peace. We are all one body, we have the same Spirit, and we have all been called to the same glorious future. There is only one Lord, one faith, one baptism, and there is only one God and Father, who is over us all and in us all and living through us all.

WHAT IS DISCERNMENT ?

Discernment is a prayerful process of distinguishing God's Voice from all the other messages we receive. It can be thought of as the intentional development of a sense of direction in alignment with God. Discernment is an ongoing process and often involves faithful attention, waiting, and surrendering.

OUR MISSION

The Discernment Ministry offers encouragement to the people and ministries of St. Columba's as they open their hearts to hear God's will and faithfully respond to it.

QUESTIONS

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