

DISCERNMENT

Based on Saint Ignatius of Loyola

When faced with a decision in which you feel pulled between two opposing forces, consider this spiritual exercise.

- 1. Imagine another person (a stranger or acquaintance) facing this same situation.**

What would you recommend the person do?

- 2. Imagine that you just found out you only had a short time to live (weeks or months).**

What decision will you make?

- 3. Imagine standing before God when you die, and reflecting back on this decision you made.**

What decision would you wish you had made and why? How do I explain that to God?

Now spend time in prayer reflecting on these choices.