

FROM DECISION MAKING TO DISCERNMENT

“Whoever does the will of God is my brother and sister and mother”
Matthew 12:50



Slow Down

Spend 10 minutes listening to worship music, being guided through a Lectio Divina, or an emptying prayer of some kind.

Follow this time up with 5 minutes of silence receiving the gift of God’s presence and trusting God with whatever you are carrying.

Prayer for Indifference

Ask God for the vision to see the things that you are not indifferent about.

Use these questions below as a prompt:

- Is there anything you are attached to and currently not indifferent about?
- What needs to die in you in order for the will of God to find room in my life?
- What do you need to let go of in order to receive some new gift of God?

Indifference is something that God does in us; not something we can make happen ourselves. Ask God for the grace to desire his will—nothing more, nothing less, nothing else.

Test for Indifference

Ask yourself, are you indifferent? Speak to God honestly. Clarify with God where you are before continuing on.

Prayer of Indifference

Read *Matthew 26:36-39*

Echo Jesus’ prayer in the garden back to God.

“Not my will for _____, but yours be done”





Prayer for Trust

Read *Psalm 131*

Rest in God and his promises and embrace a childlike trust for his will.

Prayer for Discernment

Read *James 1:5*

Confess your lack of wisdom and ask God for his.

Reflect:

- Notice and name the good in each option
- Honestly list the advantages and disadvantages of each option

Take at least 10 minutes in silence and listen for God to speak.

- Is there a Scripture that God brings to mind which is pertinent to the question at hand?
- What decision brings lightness and peace even in the midst of challenge?
- Does the spirit of God seem to be resting on any option?

Write out any reflections or things that you sense God saying. What do you think God is asking you to do? Can you say yes to it?

Two markers that you have done your best to discern God's will:

1. *Peace*
2. *Unity*

