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STEP FOUR: DEVELOP YOUR PLAN

INDIVIDUAL DISCERNMENT STEPS

Step One: Preparation

- Begin in silent prayer, then ask of your deepest, truest self, “What is my burning desire in life right now?” (Be as specific/concrete as possible)
- Write the desire down somewhere and reflect on it.
- Then, ask the weekly question. Keep the focus on what God is inviting you to be or do. Even if you feel the answer is hard to determine.

Step Two: Holy Indifference to Outcome

- Can you be at peace with whatever God shows you in this discernment, regardless of outcome? If not, ask God to help you with that.
- Do you desire to know what God wants in this situation? If there is fear or a block, acknowledge it and ask God for help.

Step Three: Practical Considerations

- What are the facts surrounding the question?
- What are the practical considerations and options?
- Pros and cons for each option?
- What beliefs and values affect the question?

Step Four: Consideration of Intuition

- In silent prayer (allow 20 minutes), listen to your intuition around the options you face in answering the question. (If you need to walk around, stretch, or go outside, while praying please do).
- In silence be aware of your other senses and gut feelings.

Step Five: Using Your Imagination

- Imagination prayer (allow 20 minutes)
- If a decision is to be made imagine your best friend is facing the same question. What advice would you give?

Step Six: Decision (If there is a decision(s) to be made)

- Search for where you feel God is leading. What choice feels like the one God desires?
- Where do I feel comfort/discomfort around this choice?

Step Seven: Action

- What will you do differently to effect transformational change?