

DISCERNMENT

Discernment is the practice of turning our attention to God's guidance. To being attentive to how God is present and communicating with us, his beloved children. The goal is to try and see the world from God's perspective and to see how we might serve God's will.

Discernment helps us to recognise that the Holy Spirit is alive and active in our lives.

It is important particularly during this time of Synod to grow in our relationships with God. Discernment is about listening to God the Father, we need to be close to God to hear his voice.

Commit to prayer in whatever form nourishes you (The Rosary, Lectio Divina, The Divine Office, contemplative prayer, Ignatian exercises to name but a few)
Commit to the Sacraments, to scripture and to acts of mercy.

Each day throughout the synod take some time to reflect

"For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for woe! Plans to give you a future full of hope" Jeremiah 29:11

Come, Holy Spirit, come

St Augustine's prayer:

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy. Amen

St Ignatius of Loyola:

Dearest Jesus,
Teach me to be generous,
Teach me to love and serve you as you deserve,
To give and not to count the cost,
To fight and not to heed the wounds,
To toil and not to seek for rest,
To labour and to look for no reward,
Except that of knowing that I do your Holy Will. Amen

"In our day Jesus' command to 'go and make disciples' echoes in the changing scenarios and ever new challenges to the Church's mission of evangelization, and all of us are called to take part in this new missionary 'going forth'" Evangelii Gaudium

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A SUGGESTED PROCESS

1. Place yourself consciously in God's presence - allow yourself to be gazed upon by your loving God
2. Pray the Our Father thinking about God who is looking at you and loving you
3. Practice being still with God, still, free and open
4. Read today's Gospel, slowly, twice
5. Consider what God may be saying to you through this Scripture
6. Let go of any obstacles that might be in your way; fear, personal agendas, busyness to name but a few
7. Ask the Holy Spirit to light a fire in our hearts and to open our eyes and ears to the ways He wills you to see the world and His Church
8. Leave space for God to speak
9. Take a moment of thanksgiving for all that God is doing
10. End this time by praying a Glory Be to the Father.
11. If praying with others, give space for each other to share what God is saying through today's prayer

***"Each Christian and every community must discern the path that the Lord points out, but all of us are asked to obey his call to go forth from our own comfort zone in order to reach all the 'peripheries' in need of the light of the Gospel."
(Evangelii Gaudium, n. 20)***

