

Discernment is:

“Spiritual Discernment is truly counter cultural. It uses silence, it requires that we take our time...and listen intently” Martin Copenhaver

Discernment : listening deeply
a reflective way of life
a prayerful way of life
examine of consciousness

Faith is fundamental to discernment
Threefold faith: faith in God
faith in self
faith in each other

Discernment is a way of life. It is the wedding of body, mind and spirit.
Use of intellect – rationality – the real
Way to sort through the movements of affectivity

Deep openness to the Spirit – Holy indifference – interior freedom

Deep listening to self and others.

St. Catherine – One needs humility in order to discern
openness to God – empty of ego

What is going on inside of me?
What is motivating me?

Get in touch with affect and heart response.

What leads me toward God and away from God?