

## Discernment – A Process

For the duration of this program you are invited into a Discernment Process.

Begin by journaling a spiritual experience that holds significant meaning for you.

Write it out as fully detailed as you can. Try and place yourself back in the moment and feel it again as if for the first time. Use rich thick descriptive language to capture as much of it as you can.

Who initiated the encounter?

What was happening for you in your life at that time?

Where did it occur?

Why do you think God chose that time to reveal God's self to you?

What did you learn about yourself in that moment?

What did you learn about God in that moment?

How has your relationship with God deepened as a result of this encounter?

How has your relationship with your community and individuals been transformed as a result of this encounter?

How did that moment transform you? Your Mind? Your Heart? Your Hands?

What is God calling you away from?

What is God calling you to?

Then after each session in this program, reflect on it in light of this encounter and your sense of call to ministry. Ask yourself these questions and try to answer them concretely and specifically. Journal.

What have I learned today about God? About Myself? About Community?

What was God's action in this session?

Was it as Creator, if so what was created?

Was it as Relationship? If So in whom did you see the Face of Christ?

Was it the Holy Spirit? If so in whom was it present? You or another? How?

How was my knowledge/understanding of God/Community/Self :

Informed? Challenged? Affirmed? Threatened?

What is the self-implicating factor for me today? What is being asked of me?

Responding to a call is akin to emptying oneself in selfless service.

Where is the well for you? ie: where are you fed/nurtured?

Does the place where you are fed, your well, necessarily mean you are called to do ministry in that place.

Where will you return to be fed/nurtured after you have emptied yourself?

Supports/Mentors/Confessor/Spiritual Director

Who are the people in your life that will:

Support you: give you strength when you are weak?

Mentor: challenge you when you are full of yourself?

Confessor: be your priest, witness your guilt?

Spiritual Director: keep you grounded in God?

Each of these roles is different. Try not to confuse them. Accepting a call carries with it a responsibility to attend to these kinds of relationships.

If you do not already have these persons in your life, why not? What is holding you back?  
How have you made use of the sacraments of Unction and Reconciliation?