

# Spiritual Discernment


## for a Group Process

### PRINT INSTRUCTIONS:

This brochure fits on 8.5 x 11 paper, horizontally.

Set your printer/copier to print **DOUBLE SIDED**.  
 Print all 4 sheets of the PDF. You will get 2 sheets of paper, print on both sides.

Stack the 2 sheets, following the content, and fold in half together.



### Spiritual Discernment

for a Group Process

When do we as a community discern the will of God? How do we discern the will of God? How do we discern the will of God?

Discernment is an essential part of our Christian life. It is the process by which we seek to understand the will of God in our lives. It is a process that involves prayer, reflection, and listening to the Holy Spirit. It is a process that is essential for our spiritual growth and for our ability to live in accordance with the will of God.

#### How to do spiritual discernment as a community

**STEP ONE: Identify the issue.**  
 Unlike you can be specific about what you are seeking to discern will be hard for you. Write the introduction for some examples of discernment questions.

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**STEP TWO: Identify who will participate in the discernment.**  
 • Who is an appropriate participant in the discernment?  
 • Are you going to organize a group for it (happy or unhappy)?

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**STEP THREE: Set a place and time to meet.**  
**Site:** \_\_\_\_\_  
**Date:** \_\_\_\_\_  
 • This may take one meeting or may take a series of meetings.  
 • If possible, set a circle.  
 • Allow space for God to be in the middle. Symbolize this with a cross, candle, or icon.

**STEP FOUR: Gather.**  
 • Welcome participants and if it is a small enough group have people introduce themselves.  
 • State the questions for discernment. Open with prayer. Use this opening prayer as something you desire.  
 • Goal of discernment of discernment, we come before you to discern.  
 • **ORIGHT TO SPEAK.** Be with us now. Open our hearts and our minds to discern your will. Help us to be open to your presence and your voice. Help us to be open to your will and to be open to your will to each other. We pray these things in your holy name, Amen.

• Read a piece of scripture. Choose a piece of scripture that connects best with your questions for discernment. Suggestions include: Romans 12:1-2, Isaiah 40:1-5, John 1:1-9, Acts 1:1-6, Philippians 1:1-6, Acts 16:6-7.

• Set a silence for three minutes.

**STEP FIVE: Invite the group to go around the circle and say what they are hearing. God is in or what is going on in the passage.**  
 • Pray for any past sins. Pause between each speaker.  
 • Allow each person to speak. Ask if anyone has questions or needs more time to speak.  
 • Be in silence for two minutes reflecting on what you have heard.

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