

Discernment Prayer

Prayer

Listening to the voice of the Spirit speaking through your experiences and circumstances (listening to your heart).

Evidence

Gathering facts. Identifying your abilities, limitations, (spiritual, mental, physical.) Exploring and reflecting on your life skills and experiences, and gathering information about all that surrounds the choices available.

Reflection/observing your feelings in relation to God

Noting, interpreting, and reflecting on the feelings and desires you experience. Asking yourself if you are prayerful, adaptable, compassionate, articulate, healthy, and trusting. Are you at peace when you reflect on religious life? Do you feel happy and enthusiastic? Can you friends and family see you as a sister?

Observing the direction of your own desire

As you reflect, discovering if your desire comes from God or self.

Decision and confirmation

Making the most loving choice. Do I experience peace and joy over time; satisfaction that I am making the best decision or, do I experience unease and a sense that I should search further?

Informal Prayer

Slow down

Touch into what is happening interiorly-your feelings, thoughts, and concerns.

Invite the inner life to surface.

Use your own words to talk to God about your feelings, thoughts and concerns.

Stop and listen as God responds

Close with thanking God

Scripture (often called Lectio Divina)

This prayer method is about listening with your whole being-eyes, ears, imagination, mind and especially your heart.

Find a quiet place where you are alone.

Place yourself in god's presence- be aware of God in and around you.

Choose a short passage from the Gospels, psalms, or other books of the Bible.

Read the passage slowly

1. Let a word or phrases catch your attention. Listen
2. Reread the passage slowly. Put yourself in the scripture (see, smell, feel, taste, listen)
 - a. Talk with Jesus or others in the scene or with God about what is happening in the scene
 - b. Be still and listen
3. Reread the passage slowly. Let it speak to you. Just sit with the scripture passage.
4. Reread the passage slowly. Respond to the scripture with journaling, singing, dancing, etc. What inspired you? What insights did you gain? What moved you to prayer?

Examination of Consciousness: methods to reflect on your life and day in a prayerful context.

1. Ask the Holy Spirit to help you reflect on your day
2. Recall the day; what has stayed with you from the day? Which words, actions, events, etc?
3. Ponder God's presence in those words, events, actions, etc.
4. How is God calling you to grow/change through those words, events, actions, etc?
5. Thank God for the day

OR

WOW recall the day

THANKS thank God for the day

OPPS ask God for forgiveness

HELP ask God for courage and insights to change what was not pleasing about the day.

OR

UP-DOWN recall emotions of the day

IN-OUT recall your responses/insights with others

NEAR-FAR recall your awareness of God's presence during the day