

Discernment

1 Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

Jn 2:5
"Do whatever he tells you."
Jn 2:5

2 Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

3 Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

4 If you are using a color-coding system to mark your Bible, use Brown to mark this passage. *Brown = Word, God speaking, Obedience* .

Principles for Hearing:

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| 1) God is my Father | 1 Jn 3:1 |
| 2) My Father has a plan for my life | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21 |

Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

Reflection

As you read *Jn 2:5* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Read 1 Cor 12:10 and 1 Thes 5:19-22. What do these passages teach us?

Three principles of Discernment:

1. Peace
 - a. Jn 14:27
 - b. Jn 20:19
 - c. Is 26:3
2. God does not contradict himself
 - a. 1 Cor 14:33
 - b. Scripture, Tradition, and Magisterium
3. Seek wise counsel
 - a. Sir 6:2
 - b. Pro 12:15
 - c. Sir 32:19

Three spirits mover upon us:

1. The human spirit
2. The evil spirit
3. The Holy Spirit

The gift of discernment of spirits helps us to know which spirit is acting. We want *only* the Holy Spirit to move upon us.

Spiritual Direction CCC #2690

The Holy Spirit gives to certain of the faithful the gifts of wisdom, faith and discernment for the sake of this common good which is prayer (*spiritual direction*). Men and women so endowed are true servants of the living tradition of prayer.

According to St. John of the Cross, the person wishing to advance toward perfection should "take care into whose hands he entrusts himself, for as the master is, so will the disciple be, and as the father is so will be the son." And further: "In addition to being learned and discreet a director should be experienced. . . . If the spiritual director has no experience of the spiritual life, he will be incapable of leading into it the souls whom God is calling to it, and he will not even understand them."

Prayer Groups CCC #2689

Prayer groups, indeed "schools of prayer," are today one of the signs and one of the driving forces of renewal of prayer in the Church, provided they drink from authentic wellsprings of Christian prayer. Concern for ecclesial communion is a sign of true prayer in the Church.

Use the 4 Keys, Letter Writing, or the H.O.W.S. What does the Holy Spirit want to say to you right now?