

## Discernment Exercise

- Put before your mind the choice you need to make. Clarify it in writing, stating it in straightforward and concise language.
- Write out a prayer of commitment to God's will. Pray it and then sit in quiet for a moment.
- Pay attention to any initial leanings you have one way or the other that might influence your ability to know and choose God's will. Write these down and offer them to the Lord.
- Ask God to reveal to you his will and move your heart in that direction. Be still.
- Record anything you notice.
- Now consider more fully all the aspects of this decision. What values help you recognize the best and most fruitful choice? Write out those values. If helpful, create a "mindmap" of the values and other variables that play into the decision.
- Make a list of the advantages/ benefits and disadvantages/ dangers related to each option.
- Consider how your decision in either direction affects "the poor" — those who are literally poor and those who have little say or power in the decision but will be affected by it (e.g., children, relatives, etc.)
- Review the information you've gathered. Now decide which alternative appears to be more reasonable. Write it down and explain why this option seems best.
- Finally, weigh the alternative you have now chosen. Weigh it with your *heart*. How does it *feel* to you? Bring it before God in prayer and ask for him to confirm the rightness of it. Record your response.

*From Danny Mullins, Sustainable Faith*

