

## *Discernment From The Heart*

Over the past two months we have been talking about Discernment. What does it mean? What is it all about? Why are we doing this? During the past six weeks, we've been going through the green reflection journals, and have been hearing about it at Mass. Our hope is that you have learned why we discern and what discernment is all about. Throughout the history of the world people have been discerning what is to come, where they are to go next and who God is calling them to be. It is no different for us. We should never stop moving forward. We have to be open to what God's will is for us.

"And it is my prayer that your love may abound more and more, with knowledge and all discernment." (Philippians 1:9)

**"Jesus, I trust in You" - St. Faustina**

"Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart." (Hebrews 4:12)

We have heard so much about discernment, yet do we know how to discern? Or even what discernment is? It's actually very simple; Discernment is true prayer, which comes from the heart, prayer that is honest, humble and from the very depths of one's soul. True prayer is also prayer that listens to the words that God is writing in your heart.

Once Mother Teresa was asked the question, what do you say during your prayers? She answered, "I listen." then she was asked, "Well then, what does God say?" To that Mother Teresa smiled with confidence and answered, "He listens."

"I believe that we always need time to lay the foundations for real, effective change. And this is the time for discernment. The wisdom of discernment redeems the necessary ambiguity of life and helps us find the most appropriate means, which do not always coincide with what looks great and strong." - Pope Francis

**"...I will be with you..." (Exodus 3:12)**

### **A Prayer of Discernment**

-Blessed John Paul II -

Heavenly Father,  
You love me and you call me every moment of my life.  
You have a plan for me,  
a plan that will help me grace the world  
in the unique way that only I can.  
Send your Spirit into my heart and mind.  
Enlighten me with your wisdom  
that I may come to know today  
where you are calling me in life.  
Give me the strength today to answer that call  
and inspire others to help me.  
I make this prayer  
through Christ Our Lord. Amen.