



What should I do?



WHAT IS DISCERNMENT?

Do you find it difficult to make decisions? Do you struggle to know what the right thing to choose is? Are you unsure which door is the one to go through? College? Jobs? Friendships? Relationships? So many big decisions to make! Put simply, discernment is the Holy Spirit enlightening your intellect and will to help you know and choose the truth. There's usually some kind of process involved, although that varies in length. Discernment is not sitting back and thinking, "Sure, God will do everything so I'll just wait for Him to move", nor is it a feeling or the consequence of an arbitrary sign. The Holy Spirit will absolutely help you, but we have to cooperate with His promptings - we can't just wait around and not take any action ourselves. Pray, discern, and then act. Take responsibility for your decisions. Even if you make the wrong decision, the Lord will still be with you and will provide a way for you to get back on the right track.

FR MIKE SCHMITZ: 4 DOORS OF DISCERNMENT

Watch Fr Mike Schmitz' video: "4 Helpful Rules for Discernment" and try to see how you could apply these "doors" to your discernment process. [6:30 minutes]



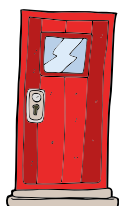
IS THIS A GOOD DOOR?

Often the answer is yes. Sometimes you have several good options before you. But if you know it will be unhealthy for you or against God's law, then you should not choose it.



IS THIS AN OPEN DOOR?

Is this even possible? Is this a reality? For example, you should not try to get in the NBA if you have no basketball skills.



IS THIS A WISE DOOR?

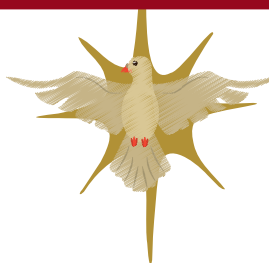
Knowing who I am and where I've been, my struggles, my strengths and weaknesses, the person I want to be: is this the choice I need to make? Will it lead me closer to Jesus or not?



IS THIS A DOOR THAT I WANT?

Unless you are sure that God is calling you there, if you don't desire it then you don't have to choose it. God has given us so much freedom. He wants us to use our intellect and our will to choose.

PRAYER TO THE HOLY SPIRIT (BY ST AUGUSTINE)



Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



MORE GREAT VIDEO RESOURCES!

- HOW TO DISCERN WHAT GOD HAS PLANNED FOR YOU
- DISCERNMENT 101
- THE KEY TO DISCERNMENT
- HOW TO DISCERN PRETTY MUCH ANYTHING
- "GOD I LOOK TO YOU" - FRANCESCA BATTISTELLI

