

The Catholic Woman's Guide to Discernment

Discovering God's Will in the Quiet of Your Heart

What decision am I facing? What options do I have?
What possibilities exist? (Use this space to write as
much as you can about the decision before you,
including both facts and emotions).

The 5 C's, based on Fr. Scanlon's Tips for Discernment

Conformity - In what way does my decision conform to God's laws?

Conversion - How will this decision help me grow in holiness?

Consistency - How is this decision consistent with other good decisions I have made?

Confirmation - What have trusted confidantes said about it? My pastor? My spouse? My friends?

Conviction - Do I have peace about this? Am I taking steps forward, or do I feel something holding me back?

Seven Additional Things to Consider, Courtesy of Dr. Peter Kreeft

Catholic philosopher Dr. Peter Kreeft writes that when we are ready to make a firm decision, all of God's signs will line up.

1. Scripture - what does scripture reveal regarding the decision I am about to make?
2. Church teaching - does my decision line up with the teachings of the faith?
3. Human reason - am I reasoning correctly, with God's will in mind? (In other words, am I approaching this rationally, or am I swayed by intense emotions?)
4. Circumstances - is this the right time in my life?
5. Conscience - my conscience is formed by God - do I have a sense of peace?
6. Personal desire - why do I want this? Is it in line with what God would want in a general sense?
7. Prayer - what signs or answers have I received in prayer? Have I asked the Holy Spirit for guidance, and sought it in the right places (scripture, the sacraments, the Mass, etc.)

Prayer for Discernment from the USCCB

Lord, my God and my loving Father, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that you are in all things, and that every path can lead me to you.

But of them all, there is one especially by which you want me to come to you. Since I will do what you want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what you want of me; into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in you. Amen