



Catholic Central Activity Guide

Episode 46: Everyday Discernment

Diving Deeper

- ▶ Discernment is a gift from God. Have you intentionally asked God for more of this gift? How do you think this gift might help you? Are there specific areas of life where you have trouble making decisions?
- ▶ We can respond to the gift of discernment and develop it through prayer, study, and seeking good counsel. Do you set time aside to ask the Holy Spirit for guidance in everyday decisions? Do you seek out resources and mentors who can help you develop your relationship with the Holy Spirit?
- ▶ Think about a difficult decision you've made. Can you see where the Holy Spirit might have been working in your thoughts and feelings? Or can you see where you might have acted out of fear or selfishness?

Go Forth

- ▶ Invite students into a time of prayer to practice listening to the Holy Spirit. Before the prayer begins, say that the Holy Spirit may likely speak to them through subtle thoughts and feelings rather than a booming voice. After a few moments of silence slowly invite them to ask their Heavenly Father what He thinks about them and to remember the first word, image, or feeling that comes to mind. If that word or image doesn't make sense, invite them to ask the Holy Spirit what it means. Do this all prayerfully and slowly. End the time of prayer by thanking God for His presence with them during the time of prayer.
- ▶ Pope Francis says that it's in the silence of prayer that "we can discern, in the light of the Spirit, the paths of holiness to which the Lord is calling us." Spend regular time in silent prayer listening to the Spirit, asking Him questions and expecting a response. The Lord speaks to each of us personally and we can better hear His voice the more we practice listening. The more we know the voice of the Shepherd the more easily we can follow His direction in the daily decisions of our life.



Resources

- ▶ [Fr. Timothy Gallagher's Discernment of Spirits podcast](#)
- ▶ [The pope's chapter on discernment in Gaudete et Exsultate](#)
- ▶ [Amanda Vernon on how to hear the Lord's voice in our daily life](#)

