

Passionate practice: discernment

What is discernment? The practice of making good choices.

Give me an example?

- Do I tell my best friend she's hurt me?
- Should I break up with my girlfriend?
- What music should I listen to?

To answer you need to practise discernment.

How do I practise discernment?

a) Discernment using 3 simple steps:

- **Step 1** – Gather all the information you need to make a particular decision (include talking to those who know you).
- **Step 2** – Focus on one choice for a period of time. Write down all the reasons why you should make that choice.
- **Step 3** – Don't actually make the decision, but imagine how your life would be if you did. Do you feel peace? If so, make that choice and relax knowing that you have made the best decision you could. If not, try another choice.

b) Discernment using three boxes: Which box does a decision best belong in?

From God if our thoughts are:

- Peaceful; Consistent; Loving
- Patient; Uplifting; Instructive
- Comforting; Clear; Kind
- Welcoming of scrutiny
- Not rushed.

From ungodly places if my thoughts are:

- Accusing; Confusing
- Promoted fear and panic
- Rejecting scrutiny; giving guilt
- Created anxiety, unsettled me
- Pushy, urgent, rushed, driving compulsion to "do it now,"

From myself if my thoughts are:

- Logical thoughts I'd learned or worked out
- Changing all the time cos of the information I get
- Makes me look good in front of others.

To do: For the next month, listen "discerningly" to your favourite CD. Use the "3 simple steps" or "three boxes" to help you discern "Where is God in my music?" Time to share **Sunday, March 19**.