

SEASON 3



# Truth with Handles

*the conversation*

REFLECTION GUIDE

***Episode 1: Discerning God's Will***



walking with purpose

## *Episode 1: Discerning God's Will*

Today, we are talking about spiritual discernment. Spiritual Discernment is a decision-making process that involves God as our guide and involves the teachings of St. Ignatius of Loyola. St. Ignatius says that it is through our interior movements (thoughts, desires, emotions) that God communicates directly with us. It is the Holy Spirit who leads us to the right decisions. This sounds simple and easy but can be difficult to know that we are following God's will.

**Key Verse:** "I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect" (Romans 12:1-2).

1. These verses mention the body, the spirit, and the mind. What is the connection between the body, the spirit, and the mind? How can offering your body to God lead to the renewal of your mind? How could renewing your mind lead to health in your body?
2. Fr. Jacques Philippe said, "Lacking answers about the future, we should prepare to receive them by living today to the full."<sup>1</sup>

Take a moment to consider your state in life. What are your daily responsibilities? Who depends on you? How can you better live in the present and focus on the life that is right in front of you?

3. **John 10:27** "My sheep hear my voice, and I know them, and they follow me."

Are you able to hear God's voice throughout your day? How? What things keep you from being able to hear God's voice? What distractions do you easily turn to? Where can you find time in your day to spend time in silence and in God's Word?

4. The attitudes of the will:
  - Sin: our acts are contrary to God's will.
  - Lukewarmness: our acts are independent of God.
  - Mediocrity: we elect when we choose God's will and when we decide where God can work in our lives.

Which of these attitudes do you see yourself giving into in your life? What is keeping you from submitting the attitude of your will to God?

<sup>1</sup>Fr. Jacques Philippe, *Interior Freedom* (Strongsville, Ohio: Scepter Publishers, 2017), p 55.

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5. Choosing God's will over our own is going to require that we are okay with our circumstances ahead of time.

St. Ignatius' Discernment of Spirits

There are \_\_\_\_\_ spirits, and there are \_\_\_\_\_ spirits.

The good spirit will:

The bad spirit will:

Can you think of a time in your life in which the Holy Spirit agitated you or made you uncomfortable to bring you back to him? Take a moment to write about it.

6. Questions for Discernment (from Fr. Mike Schmitz<sup>2</sup>):

Is this a good door?

Is this an open door?

Is this a wise door?

Is this a door that I want?

Is there something you are discerning in your life right now? Take a moment to apply the "door" questions to your situation.

Notes:

*Missed the  
episode?  
Watch now!*



<sup>2</sup> Fr. Mike Schmitz, "4 Helpful Rules for Discernment," YouTube video, 6:30, Feb. 7, 2018, <https://www.youtube.com/watch?v=Ne8n-IATdIs>.

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