

IGNATIAN DISCERNMENT FLOWCHART



Kingdom Builders

START
HERE

Identify the decision to be made or the issue to be resolved.

Discernment Absolutes

- 1. Good/Evil ~**
If there is a choice between Good and Evil ~ God NEVER wills the evil.
- 2. God Honors our Vocation ~**
God never wills for us to make choices that hurt our higher vocation.

Still
Uncertain

Five Steps of Prep

- 1. Love ~**
We seek God's will out of love for Him.
- 2. KB Foundation ~**
We keep our prayer and sacraments strong.
- 3. Disposition ~**
We will God's will.
- 4. Write it Down ~**
We record our preparation and discernment through journaling.
- 5. Journey with Another ~**
We discern with a holy companion.



1ST
MODE

The Lightning Bolt
We immediately know
God's Will with certainty.

Clear
Decision

Still
Uncertain

FINISH!

Holy Ground

We write down the decision. We use it as an anchor—a place of refuge and consolation we return to when we face trials and doubts. Then we go forth in confidence to do His Will.

Clear
Decision

Clear
Decision

2ND
MODE

Slow Dance Steps

God slowly unveils His will.

- 1. Visualize the Two Options ~**
Do you experience consolation or desolation when visualizing each one?
- 2. Take Little Steps ~**
Do you experience consolation or desolation when you take little steps towards one of these options?
- 3. Discuss with Trusted Friend ~**
Did you experience consolation or desolation during or after the conversation?

Clear
Decision

Clear
Decision

Still
Uncertain

3rd
MODE

Huddle Up Rules

- 1. View from Another Perspective ~**
Which option would I suggest to a person who faces the same choice?
- 2. Deathbed Wisdom ~**
When I am dying, which choice will I wish I had made?
- 3. In the Light of Eternity ~**
What choice will I wish I would have made to love God fully?

Still
Uncertain

3rd MODE

Huddle Up Points

No lighting or dancing, just a rough and real plan of action.

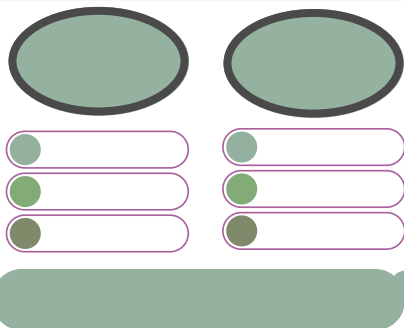
- 1. Sit, Detach, & Petition ~**
Peacefully place ourselves and the choice before God. Seek the Lord's Will without predetermined direction and ask God for a clear mind and a faithful will.
- 2. Pro/Cons List~**
Write down the advantages and disadvantages of the options.
- 3. Choice & Confirmation ~**
Recognize which alternative brings greater glory to God and ask God to illuminate the choice He desires.

KINGDOM BUILDERS IGNATIAN DISCERNMENT WORKSHEET

Once you have navigated through the Discernment Absolutes, the 5-Steps of Preparation, and ensured you haven't experienced a Mode One ~ Lightning Bolt Moment (which are quite rare, so don't worry), this worksheet will guide you through the remaining steps of the discernment process.

Ignatian 2ND Mode ~ AN ATTRACTION OF THE HEART

Slow Dance Steps



God slowly unveils His Will over time.

1. Visualize the Two Options ~ Do you experience consolation or desolation when visualizing each one?

Example: Taking a new job or staying at current job.

2. Take Little Steps ~ Do you experience consolation or desolation when you take little steps towards each of these options?

Example: Looking at ways to reorganize my current office or freshening up my resume.

3. Discuss with Trusted Friend ~ Did you experience consolation or desolation during or after the conversation?



Ignatian 3rd Mode ~ A PREPONDERANCE OF REASON

Huddle Up Points



No lighting or dancing, just a rough plan of action.

1. Sit, Detach, & Petition ~ We chose a time and place and ourselves and our choices before God with a clear mind. We seek the Lord's Will without predetermined direction.

2. Pro/Cons ~ We write down the advantages and disadvantages of the options, being radically honest.

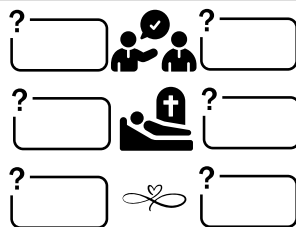
Example: Pros ~ Extra income, freedom from my current boss. Cons ~ I will need to adapt to a new job, and there may be colleagues at the new workplace that I don't get along with.

3. Choice & Confirmation ~ Recognize which alternative brings greater glory to God and ask God to illuminate the choice He desires.



Ignatian 3rd Mode ~ A PREPONDERANCE OF REASON CONT.

Huddle Up Rules



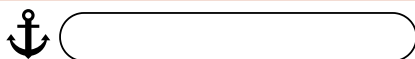
1. View from Another Perspective ~ Which option would I suggest to a person who faces the same choice?

2. Deathbed Wisdom ~ When I am dying, which choice would I wish I would have made?

3. In the Light of Eternity ~ What choice will I wish I would have made to love God fully?



Holy Ground



We write down the decision. We use it as an anchor— a place of refuge and consolation we return to when we face trials and doubts. We go forth in confidence to fulfill God's Will.