

St. Ignatius of Loyola Times of Discernment

For a more thorough presentation, see Fr. Tim Gallagher's book *Discerning The Will of God: A Guide for Christian Decision Making*

- I. First time of Discernment – when God shows you His will beyond all doubting
- II. Second time – when the spiritual consolations that you receive in prayer in regards to a decision can be trusted against the spiritual desolations you experience outside of prayer
- III. Third time – a tranquil time when man considers his ultimate purpose
 - a. First way
 - i. Be clear about what you are choosing
 - ii. Be indifferent to anything but your ultimate purpose in life
 - iii. Ask God to move you to your ultimate purpose
 - iv. Consider the advantages and disadvantages
 - v. Make the most reasonable decision
 - vi. Ask the Lord to confirm the decision in prayer
 - b. Second way
 - i. Ask God for the grace to love Him for His own sake
 - ii. Consider what advice you would give to a person faced with your same situation
 - iii. Consider the decision from the point of view of your own death
 - iv. Consider the decision from the point of view of your final judgment
 - v. Make your decision
 - vi. Ask the Lord to confirm the decision in prayer