



Prayer of Discernment

“It is for freedom Christ set us free. So, be free.” (Gal. 5:1)

“Where your treasure is, there will your heart be also.” (Matt. 6:21)

VOCATIONAL CALL

Gracious God, Creator, Redeemer, and Sustainer of Life, have mercy on us. Reveal yourself in all things, to all things, and through all things. Grant us the gift of becoming a community of the Incarnation—mystery of Word made flesh, who sees and celebrates Good News in hard places. Give us the tongue of a teacher to sustain the weary with a word, and mobilize leaders from all walks of life to love their city and seek its peace with the Gospel of Jesus.

PRESENCE

You are Immanuel—the God who is with us. There is nowhere we can flee from your presence, and nothing can separate us from your love. We accept your invitation to relax into this miracle—to notice and to welcome your presence in all things, everywhere—even here, even now.

Where is God’s presence is clearly visible? Where is God’s presence particularly needed or hard to see?

GRATITUDE

We give thanks. The deepest form of gratitude we can offer is our own joy. We share it with you because in our greatest longings and our deepest desires, we recognize that your presence is the substance of all that we hope for. Our deepest desire is your delight. Our greatest longings are already yes in you. Help us name our deepest desires.

What can we give thanks for? What desires do we hold in our hearts? Name them.

GIFT OF THE SPIRIT

Come Holy Spirit, wild and free. Do as you please. Give us the courage and compassion to see things as they are. Ease the fear the blinds us and binds us to our false selves and keeps us from the truth that sets us free.

Notice places of fear or resistance in your spirit, places of freedom and a sense of invitation. Lift these up to God.



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REFLECTION

As those who are being renewed by your love, we confess our wounds and our hope for healing. Where there is blindness, call forth the gift of sight. Where there is voicelessness, call forth the gift of voice. Where there is despair, call forth the gift of joy. Where there is isolation, call forth the gift of community. Where there is fear and violence of any kind, call forth the gift of peace born of your love. Free us, O Lord, to become fully human and do things we never thought possible in your name.

As we consider the events of today, when did we experience consolation or desolation? How is this conspiring to free us?

RESOLVE

As your beloved ones who are forgiven and free, we freely forgive those who have done harm. We eagerly loose the chains of injustice. We happily participate in the ongoing act of creation, expressing your lavish beauty in our daily work and play. Gracious God, because of your unending love we ask for one more grace. We ask for the grace to will and to do your good pleasure in our lives and in our world. Lord have mercy.

As we consider the decisions that lay before us, how is God's Spirit leading? What specific steps might we take? Who must we forgive before we are free to act? How is the Spirit freeing us to act in Jesus' name, even if that "act" means silence for now? Resolve only to act with a clear and free conscience.

BENEDICTION

The Spirit of the Lord is upon us because She has anointed us to preach good news to the poor, to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of the Lord's favor.

We pray all of this in the name of the Father who is for us, the Son who is with us, and the Spirit who unites us all in the never-ending dance of Love. Amen.

The Prayer of Discernment is based on Ignatius' Examination of Consciousness. It is designed to help free us to act in Jesus name and make decisions from a place of freedom. Our freedom is always tied to our deepest desires called forth in community. This is how God calls us into being.