

The Pray More Healing Retreat Study Guide

How to Discern God's Will

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Reflective Questions

"Our only desire and our one choice should be this: I want and I choose what better leads to God's deepening life in me."

- St. Ignatius Loyola

1. Whether we know it or not, our hearts and souls yearn to align our will with God's will for us. What are you in the middle of discerning right now and how would you like to see your will align with God's?
2. Sometimes we can become so overwhelmed with the options of what to choose, or with the little details within those options, that we become paralyzed and unable to make a choice and move forward. Has this ever happened to you? What ultimately helped you to move forward from that?
3. Jackie says we should try to discern things only when we are in a state of grace and in a season of consolation. Things truly have a greater impact on us than we might imagine. Have you noticed when you've made decisions before — when they were not made while you were in a state of grace or season of consolation, and how did that affect your decision-making process or the choice you made?

4. We want to follow peace in our hearts and to be sure to never follow fear. When have your past decisions been led by peace or by fear? How did that influence what ended up happening?
5. Small daily “yesses” to the Lord add up! How can you say “yes” to the Lord today? This week?
6. Our primary purpose is to love the Lord and love one another. How can you live this out this week?