

Seasons of Doubt

with Karen May

Reflective Questions

“We know that all things work for good for those who love God,* who are called according to his purpose.” Romans 8:28

1. Karen May talks about discerning when finding out if God is answering your questions. What do you do to assess and discern your situation? Do you let yourself get carried away with the information you can find online? Or do you stop and ask yourself if these things bring you faith, hope, love, understanding and peace?
2. Saint Ignatius is known for his process of discernment and seeing the difference of consolation and desolation. Have you tried this in your life? What did you learn from the experience?
3. Sometimes God gives us challenges in our lives that might surprise us. How do you usually react to these unexpected difficulties? Did you embrace them and looked at them as an invitation to be closer to Him? Or did you resent and rejected it?