

**Methods of Discernment according to St. Ignatius of Loyola based on the [podcast series](#) by Fr. Timothy M. Gallagher**

**The GOAL:**

~Discover God's will for your life with clarity

**First mode:** *You know almost immediately what you're supposed to do.*

Notes:

- Clarity is given- the discernment comes quickly.

**Second mode:** *During your prayer appointments you consistently and over time feel drawn to one option over another.*

Notes:

- God always works in consolation. The Enemy (the devil) always works in desolation.
- Your vocation (or option you are discerning) is made clear in consistent consolation.
- Consolation is understood as an attraction of the heart; a warmth in prayer.
- At some point, you will receive **certainty beyond doubt**.

**Third mode:** *During your prayer appointments you make a list of the pros and cons for each option.*

Notes:

- To discern in this mode you must have tranquility. (You can't be in desolation or extreme consolation.) You need the spiritual calm to be able to look at the advantages and disadvantages objectively and in order to use your reason well.
- Make four columns and list the pros and cons of each alternative. (Make sure you've done your research and ask God's help when you make the list.)
- Once you've discerned, spend time in prayer "confirming" the decision.
- It's not just the number but the **WEIGHT** of the reasons (e.g. maybe one is enough on the short list, etc.)

**A second way of doing third mode:**

Test one: If this weren't you but a friend, what would you advise them? Whatever you would tell them to do, do yourself.

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Test two: Consider the “end of life perspective”--what is it you desire at the end of your life?

Test three: Consider judgment day--how do you want to confront Jesus?

*Nota bene:*

- *God answers every prayer.*
- *Difficult to discern alone--it's ideal to have a good spiritual director.*
- *You have to get to the point where you can say “whatever you want Lord” and for His **GREATER GLORY!***