

IGNATIAN DISCERNMENT (SP1-05)

Session 1 – Introduction

Date: Thursdays, April 19, 26, May 3, 10, 17, 24, 2018

Time: 7:00 – 9:30 pm Instructor: Sr. Jeanne Fallon, CSJ

7:00 Gathering Prayer

Check-in (to our bodies)

7:20 What do you desire to receive in this course?

7:30 Introduction: Course/Schedule

7:40 Overview of Discernment: PPT, *Inner Movements*, Part 1 (Posture)

Two key aspects of discernment:

A spiritual **posture**: noticing God's presence in ordinary life
"discernment of spirits";

A **process**: making a decision in a way that welcomes God's influence.

Description: what it is and what it is not

Presuppositions for discernment

Essential dispositions for discernment

Discernment of spirits

8:30 Break

8:40 Foundation and Context for Discernment: (Handout)

Relational – rooted in our relationship with God

Prayer in a listening stance is essential

Orientation: a particular way of being

9:10 Reflection (silence)

9:15 Group Process

Sharing in small groups:

In your own life how do you notice the traces of God's presence?

9:25 Assignment

In His Spirit by Richard Hauser, SJ, Chapter 1, pp. 15-33

Questions 1-3 (reflect); Question 4: (written)

What Do You Really Want? By Jim Manney, Chapter 1

9:30 Blessing