**Intro to Individual Discernment Exercise (IDE)**

1. Put before your mind the choice you need to make.

The clarify it; state it below with the most specific and straight-forward language possible.

2. Write a prayer of commitment expressing your desire to choose God’s will.

3. Pay attention to any initial leanings you have, one way or the other, that might influence your ability to know and choose God’s will. Write those down.

4. Ask God to reveal to you his will and move your heart in the direction of his will. Be still. Record anything you notice.

5. Now consider all the significant aspects that impact and inform your decision. If helpful, create a mind map of those things (values, conditions, constraints, needs, desires).

6. Make a list of the possible options and include the advantages and benefits; disadvantages and dangers

related to each option.

7. Review the information you have gathered. Now decide which alternative seems to be surfacing. Write it down and explain why this option seems best.

8. Finally, weigh with your heart the alternative you’ve chosen.

How does it feel to you? Bring it before God in prayer and ask for him to confirm the rightness of it.

Record your response.