

Discernment Questions

Prayerfully consider the questions below to see what emerges in your discernment to commit to the Exercises. Please send brief notes/phrases of your responses to Lizy before your discernment session.

1. Name: _____ Phone Number: _____ Email: _____

Address: _____

2. What draws you to the Ignatian Exercises?

What questions might you have about the Ignatian Exercises.

What have been the ongoing themes and challenges in your relationship to God?

What images of God were presented to you or taught to you, when you were a child?

What images of God/Jesus have you come to know through your own experience and searching?

What other images of God/Jesus would you like to come to know and relate to?

3. Describe your spirituality as you know it now.

Describe your current experience of prayer. How do you pray? How long have you been praying this way?

What assists you in your prayer (journaling, movement, music, etc)?

What is your relationship with scripture?

4. What kind of a support system do you have? (Family, Friends) Do they understand about this commitment and will they give you what you need from them?

5. Are there any special considerations in your life that might affect your retreat, factors that would not necessarily but could become obstacles to your retreat process (e.g. situations that require your full energy at this time)?

6. Are you truly able to make the time commitment: an hour of daily personal prayer, weekly group direction, and the four Saturday in person retreats? The Spiritual Exercises in Everyday Life cannot

be just another involvement. It may mean setting aside other involvements for this year.

7. Do you feel you have enough interior freedom to leave the Exercises if the timing turns out to not be right or the retreat is not appropriate for you?