



## Discernment

The ability to reflect upon the decision making process and wondering what one or a community is called to do. Discernment involves exploring a variety of options and making a choice. Discernment is a time-honoured practice in the Catholic Tradition. Discernment from a Catholic understanding is a decision-making process that honours the place of God's presence in the lives of people and what this may be inviting. It is an interior search that involves what God's Spirit is calling in the midst of the context of a person or community's life and lived story. Many other faith traditions also have similar processes.

### **This Spiritual Capability may involve:**

- Having space (not literal space) to reflect upon an idea
- Allowing a multitude of voices
- Being open to the presence of God or the transcendent
- Reflecting upon an experience
- Asking what is the purpose emerging from a situation
- Making choices or judgements in light of seeking wisdom.

### **Examples of educators promoting this capability could be when they:**

- Use literature and story as a way of investigating how and why people may respond in a certain way
- Seek multitude of opinions or sources of wisdom to explore an issue or dilemma
- Investigate various motivations in people's lives and explore what may be the prompt for these
- Model how to pay deep attention to self, others, all of creation and God.
- Provide time for standing back and being aware of emotions, thoughts and decisions
- Encourage reflection on experiences and explore how God could be experienced through these opportunities.