

## Ignatian Decision Making

The Ignatian approach to good choices rests on several presuppositions.

- All alternatives are positive.
- The person making the decision is moving towards God.
- It is focused on freedom, setting aside our own thoughts/ideas and being willing to examine our own motivations and desires.
- Focused ultimately on finding and then acting on God's will.

For more information see <http://www.ignatianspirituality.com/making-good-decisions/an-approach-to-good-choices/#sthash.kNOGvHJr.dpuf>

## Three Circumstances for Making a Decision

Ignatius thought that decisions were made in three circumstances.

**When there is no doubt.** Sometimes the right decision is unmistakably clear. We know what the right choice is. This knowledge is a gift from God. All we need do is act on what we know to be the right direction. Often this takes some time. We put off acting on what we know we should do.

**When feelings are unsettled.** Sometimes our emotions are in turmoil when we ponder various alternatives. We experience many strong feelings as we face the prospect of choosing - fearfulness, confidence, confusion, hope, sadness. Decision-making in these situations means observing and interpreting these feelings. We discern their spiritual meaning and discover how they point to the right choice.

**When emotions are calm.** Sometimes we approach a decision in a tranquil and settled frame of mind. This is probably the most common decision-making circumstance. Here, the Ignatian approach has us prayerfully weigh the pros and cons of each alternative and conduct some exercises that help us clarify the options.

<https://www.ignatianspirituality.com/making-good-decisions/an-approach-to-good-choices/three-circumstances-for-making-a-decision>



## Discernment is:

*A process of coming to an understanding of the movement of the Spirit within myself so that I may better strive for interior freedom and the service of God.*

*Discernment is about learning to read the body's signals, sifting movements within to determine: which are from God, which are from another source? Which lead to God, which lead elsewhere? It is about dealing with emotions, feelings, stimuli, sentiments, mental/emotional states and tendencies and noting how they influence the shape and direction of our lives.*

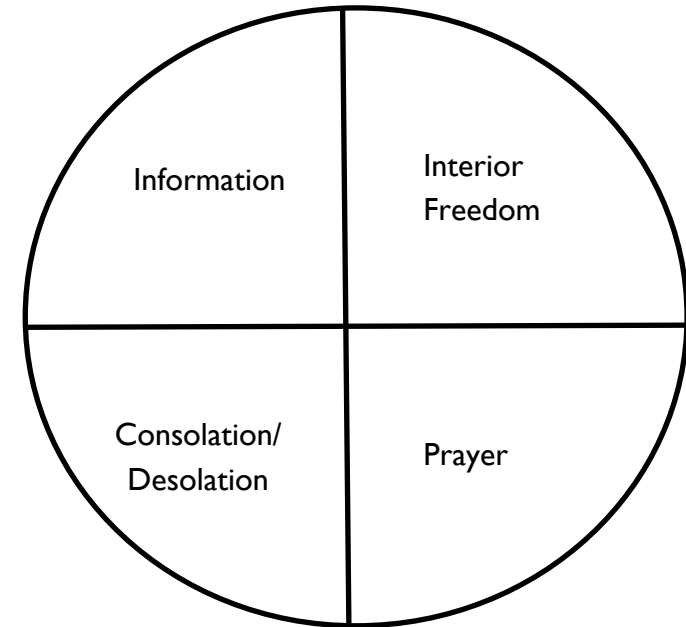
*Discernment is not so much about morality; rather, it is the process of choosing between good things, the better, that which is for the greater good of creation, people and God.*

## Different Movements

### Feelings associated with the Presence of God

### Feelings associated with the Absence of God

## The Four Quadrants



## Three Levels of Discernment

**Discerning the Day** - *How aware am I of God in my daily life?*

**Discerning for Individual Decision Making** - *What is God's will for me? How do I recognise the 'false' voices?*

**Communal Discernment** - *Where are we being collectively led? Consensus not necessarily a majority.*

### Discernment Presumes of People a:

Generosity of heart, prayerful disposition, psychological balance, honesty about self, true image of God and motivation awareness.

### Discernment Presumes of Communities:

A sense of communion; a common vocation in the Spirit; a common commitment to carry out decisions of the group; individuals who live for and by the group and as such do not subvert the common good, for personal ego or gain; a leader to facilitate an agreed discerning process and a period for confirmation of the decision.