

# Discernment Tips

## **Pray Daily**

Spend time talking and listening to God with Scripture, Adoration, meditation or in conversational prayer.

## **Participate in life of Church**

Take part in the Sacraments, especially Daily Mass and regular confession. Get involved in other activities in your faith community.

## **Pay Attention**

Keep a journal or record your daily examination of conscience to help you notice the stirrings in your heart. Notice trends that seem to arise.

## **Talk to Someone**

Find a Spiritual Director, Vocation Director or trusted mentor who you are able to share your discernment process with.

## **Do Something**

After some time, take a step in one direction (an application, visit, etc). Repeat the process to take another step.

# A Prayer for Discernment

Loving God, source of all joy,

You created me and you know me. You know the path that will lead me to the most joy & holiness. I want to choose that path, but I do not always know how to do so.

Help me to be attentive to the Holy Spirit in my prayer, in my action and in my interactions with others. Give me openness when I need to listen, patience when I need to wait and courage when I need to act.

I ask this in the name of Jesus, in  
whose blood I have been saved.  
Amen.



Sisters of the  
**Precious Blood**

For support in the discernment process, contact our Vocation Ministry Coordinator at:  
937-974-0626 (call or text)  
or [JLegg@cppsadmin.org](mailto:JLegg@cppsadmin.org)

