**Learning to recognise God’s voice**

The aim of this exercise is to grow in union with God and to recognise his will. Before you start, spend some time thinking about God’s unlimited love for you. Ask him to show you where patterns of sin are preventing you from responding to his love. Ask Him to reveal the road before you.



**Prayerful practices:**

1. Prayerfully, make a list of pros and cons. What are the advantages and disadvantages of a course of action? Once you’ve made the list what does it show?

(‘*My wife and I were trying to decide whether God was leading us to work in Africa. We went out for dinner and prayerfully made separate lists of pros and cons for going. When we shared our lists with each other, it became clear that going to Africa was the right course for us to follow.*’ Chris Dobson.)

1. Use your imagination as you pray. Imagine that you have already chosen to do something. Over a few days live with that thought. Notice how you feel about the decision, does it feel right or wrong? How does it sit with what you know of Jesus and the bible?
2. Think about what you would say to someone else. What advice would you give? What questions would you ask? Then apply those questions to yourself.
3. Focus on Jesus. Ask yourself, ‘What would Jesus do in this situation, if he were me living my life now?’
4. Think about how you will look back on any decisions. Imagine you are at the end of your life. What have you done? What brought you joy? What do you regret? How do your answers affect the things you choose to do today?
5. Finally, thank God for what he has been revealing to you and ask him to strengthen you by his Holy Spirit as you follow him.

Adapted from Vinita Hampton Wright

[Four strategies for discernment](https://www.ignatianspirituality.com/four-strategies-for-discernment/)

