

THE PROCESS OF IGNATIAN (COMMUNAL) DISCERNMENT EXAMEN

Rooted in the spirituality of St. Ignatius, this process guides groups through prayer, self-examination, and listening for the Holy Spirit.

The steps include praying for openness, presenting the decision, seeking clarity on feelings of consolation (peace, joy) and desolation (confusion, unrest), and weighing options to sense God's guidance collectively.

Step 1: OPENNESS AND PRESENCE

The facilitator invites the participants to take a moment to be aware of God's presence in the meeting and in their lives more broadly.

Step 2: REFLECTION ON THE QUESTION

The facilitator reads the questions and invites participants to reflect on the materials presented. What excites or challenges you about the future of the Church?

How do you see the Church embracing the digital space?

Step 3: QUESTIONING AND LISTENING

The facilitator encourages listening and sharing of feelings – confusion, fear, hope and excitement.

Step 4: GOING FORWARD

The facilitator reminds participants of God's guidance and that God walks with us in this synodal journey.

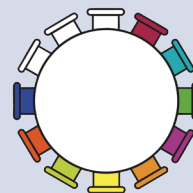
The session finishes with a prayer.

God of the Journey,
Be with us as we travel
the synodal path.
Remind us of your
presence with us
in the challenges
and hopes of
a new way of
being Church.

We ask for your grace
as we seek to serve others
for a better tomorrow.
Amen.

The key principles of a Discernment Examen

- Recognise God's presence
- Grow in spiritual awareness
- Make prayerful decisions
- Promote growth and transformation



USE THIS PAGE TO MAKE NOTE OF ANY WORDS, PHRASES OR THOUGHTS SIGNIFICANT FOR YOU

How can we open ourselves to God's presence in this moment?

What stirs in your heart as we reflect on this issue?

What feelings or insights are emerging as we listen to one another?

How is God inviting us to move forward together?

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