

Discernment Journal

The first step of this process asks you to examine yourself. The following questions will guide you through this process.

1. What is the concern/conflict?
2. What is my position on this matter?
3. Can I let it go?
4. Is there history behind my concern? Is this history impacting my reaction?
5. What is my perception of the other person's position on this matter?
6. What part am I responsible for?
7. What does God want?