

## Discernment Deep Dives

### October 12<sup>th</sup>, 2022

### Trust

The foundation and goal of discernment is relationship. Relationship with the Lord develops primarily through prayer and the sacraments. Our relationship with the Lord is the center of all of our other relationships.

What does it mean to have a heart made for relationship?

Trust

- Myth: trust comes before vulnerability
  - o We need to trust to be vulnerable, and we need to be vulnerable in order to build trust
  - o Trust and vulnerability grow together, and to betray one is to destroy both
- **Vulnerability** is the emotion that we experience during times of uncertainty, risk, and emotional exposure (Brene' Brown)
  - o Vulnerability: showing up with courage even when you can't control the outcome
  - o Vulnerability: sounds like truth and feels like courage

"To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable." (The Four Loves)

- **Trust** is hard to define because there are so many components that go into making it up
  - o (cfr. Handout on BRAVING trust)
  - o It is built by really small acts over time, like putting marbles in a jar
- Can I really trust God with all of my desires? Will His Will really fulfill me?
  - o Pearl of great price
  - o Interior indifference or interior freedom
    - Loving God and His Will above all else
- BE AWARE – UNDERSTAND – TAKE ACTION
  - o BE AWARE: notice our inner thoughts, feelings, and desires
  - o UNDERSTAND: where do these thoughts, feelings, and desires come from? From the Lord or from someone else?
  - o TAKE ACTION: accept what comes from the Lord and reject everything that is not of Him
- We need to be aware of both the positive and the negative
  - o God's goodness and blessings in our lives
  - o The ways that we have been hurt and our trust has been hindered

## Discernment Dos and Don'ts

**Do** trust in the Lord and give Him your desires.

- Be aware of what desires are present in your heart and bring them to the Lord in prayer to better understand them.

**Don't** automatically disregard or judge your desires.

- Acknowledge them, name them, and give them to the Lord in prayer.
- Ask the Lord how He wants to speak to you through the desires that He, Himself, has placed on your heart.

**Don't** stop at the first desires you are aware of.

- Allow them to point to the deeper desires of your heart.

### Spiritual homework

- List your desires (ask the Lord to reveal them and to be led through them to the deepest ones)
- Pray with and fill out the Biblical Timeline of your life (see handout)

Suggested prayer passages:

- Mt 6:25-34 (Providence)
- Psalm 37 (trust and fulfilling of desires)
- Jeremiah 31:1-14 (loved with an everlasting love)