

# JustFAITH

## ***Getting Started: Personal Discernment Exercise 2011-12***

In partnership with:



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***JustFaith Ministries  
P.O. Box 221348  
Louisville, KY 40252  
(502) 429-0865  
[www.justfaith.org](http://www.justfaith.org)  
[info@justfaith.org](mailto:info@justfaith.org)***

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## Personal Discernment Exercise for Potential Participants

Are you ready for a deep spiritual process like JustFaith? To help you discover the answer to this question, consider using the following discernment process.

1. Find a quiet space where you can sit uninterrupted for at least 15-20 minutes.
2. To remind you that the light of Christ is always present to us, light a candle and offer up a prayer of thanksgiving for the gift of time to be present to God's Spirit.
3. As you settle into your chair, take a few deep breaths—the breath of God breathing us into being and animating us for the life we have been given.
4. From this centered place, ask yourself: “What do I need at this point in my life to go more deeply into my faith journey?”
5. Sit quietly with this question for a few minutes. Allow yourself to listen to what arises.
6. Once images, words or symbols have emerged for this question, ask yourself, “Am I willing to arrange my time to make my spiritual development a priority?”
7. Again, sit quietly with this question for a few minutes.
8. You may wish to use your journal to write or draw the responses that emerged. Use this activity to bring your prayer to a close.
9. Consider calling the JustFaith co-facilitators at your parish to continue your discernment process with them.



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