

# SORTING & SIFTING: REALIFE™ QUESTIONS FOR DISCERNMENT

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You may want to use one, or several of these discernment questions in your process of discernment. Simply notice the questions you are drawn toward.

Here I pause at the fork in the road:

- What's my real question here?
- In the midst of much that is unsettled, what do I already know?
- What is my body telling me? (Energy, pain, sleep, anxiety, fear, peace...)
- What feels life-giving? Draining?
- What does love look like here for all involved?
- What other information might help? Where, from whom could I get it?
- List the pluses and minuses of each path.
- Try on one option; go down that road. Then try on the other option.
- If my best friend were standing at this fork, what would I say to him/her?
- What am I hearing from others- friends, acquaintances, strangers?
- If I say "yes" to this choice, to what will I say "no" at the same time?
- Imagine 5 or 10 years down the road. Look back.
- Is there another way of looking at this?
- How am I experiencing God in this place? What do I hear when I pray?
- Is there a Scripture that comes to mind that might guide me?
- Is there a story or character in the Bible who might be my companion here?
- How might my faith community be supportive/helpful?



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