

# CHOOSING LIFE

## Journeying Towards Discernment

*Attention animated by desire is the whole foundation of religious practices.*

Simone Weil

*It is on the level of disposition and desire that we need help most.*

Michael Paul Gallagher

The wisdom of discernment is choosing life-giving habits of the heart.

***loving must be learnt by heart  
If it is to be any good.  
It isn't in the flash of thunder,  
But in the silent power to give –  
A habit into which we live  
Ourselves, and grow to be a wonder.***

James McAuley

*Our most important choice is about the disposition we want to have before God. True discernment and choosing lies in our "reposing in oneself". Do we want to be open, generous and courageous before God or closed, mean and fearful? Our choices come down to one choice: "learning in faith what it means to be chosen".*

Alan Jones

That part of myself, that deepest and richest part in which I repose, is what I call "God".

*Truly, my life is one long hearkening unto myself and unto others, unto God. And if I say that I hearken, it is really God who hearkens inside me. The most essential and deepest in me hearkening unto the most essential and deepest in the other. God to God.*

Etty Hillesum

The saint is the person who has discovered his/her deepest desire. They then "do their own thing" which is also God's thing. Their will and God's will are in harmony, so that their lives are characterised by a continuous peace, tranquility, freedom and joy, even - perhaps especially - in crisis and suffering.

Discernment is about noticing and learning to make choices in freedom so that we are no longer hijacked by any disordered love or attachment, and begin to accept, welcome and desire whatever God wants.