

## A Model for Discernment (based on Finding The Still Point by Gerry O'Mahony)

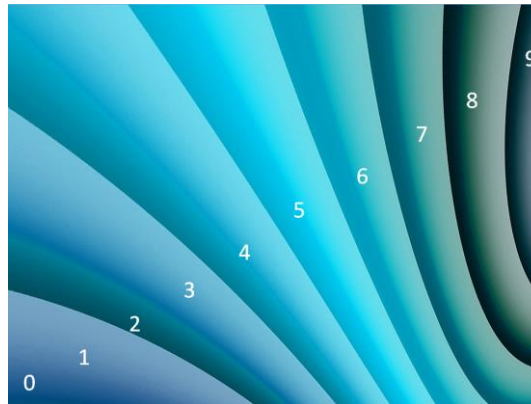
Discernment is like sailing a boat.

We need a steady wind and a sense of direction so that we can move forward; that is represented by '5' in the diagram, when all is balanced.

However, we can find ourselves being pulled from smooth sailing by two dangers:

- '0' represents still waters, stagnation, disengagement, an inability to 'get going'.
- '9' represents the tempest, tossed one way and another, agitated and struggling to make progress.

The key is to nurture enough self-knowledge, to know when you are beginning to be pulled in one direction or the other – either getting over-engaged or under-engaged – so that you can make adjustments.



Questions to take to God in prayer:

- How do I feel when I am steering a true course?
- What am I like when I am over-engaged?
- What tools can I use to stay on course?
- What do I need to do to adjust?
- What am I like when I am disengaged?
- What are the 'early-warning signs' of veering off course?
- What do I need to do to adjust?
- How do I make sure to notice them?