

Facing the Facts

“Try to be like a balance at equilibrium”

Define the proposal: e.g. To take a job

1. Advantages and benefits of the proposal:	2. Disadvantages and dangers of the proposal:
3. Advantages of not taking up the proposal	4. Disadvantages of not taking up the proposal

Do cross checks – Compare box 1 and 4, 2 and 3 – does this reveal new perspectives

Weigh 1 & 4 and 2 & 3 - how do the feelings of the gathered factors compare?

Which leads to more life, hope, peace?

This is a companion resource for
Grove Book S130 Ignatius of Loyola by Nick Helm
Download from www.ignatius.soulspark.org.uk

Help with Decision Making



Foundations

God is for me.

God has given me the ability to be in touch with God's dream for my in my own deepest desire.

Decisions are not about 'getting it right' but staying as close to the dream which is unfolding in me as I can.

Be aware of **what in life at present is giving me life** and what is deadening me.

Good decisions come from being deeply in touch with these foundations.

If I am wobbly in my sense of this, my discernment is going to be wobbly.

Some points for reflection

Finding the treasure – recognising your ‘consolation’



- Review recent life: What has touched me? What has been most life-giving? When do I feel most alive, creative? When do I feel most myself? What attracts me? What are my daydreams? What builds me up, increase my faith, trust, hope, life? Think of stories, scriptures, music, poems, art...
- What touches me in the wider world and its current affairs, reminding me of my dream, calling or giving me new pointers to it?
- What patterns do I see in past choices which may give me light in the present...
- What is affirmed in my by my family and friends?

Clearing away the rubbish – finding spiritual freedom



- Recognise my particular destructive tendencies?
- Identify the ‘oughts’ and ‘shoulds’ that operate in me? How am I unduly affected by expectations? How I can feel put down by myself / others?
- How do I doubt that God is for me? What life experiences might be distorting my image of God, obscuring awareness of God’s constant drawing of me to life?
- What might need letting go of, grieving over, or healing in me before I can freely choose at present?

Perspective – being real



I let my key relationships come into awareness. Am I making this decision mindful of them without undue influence?

These points are all preliminaries helping to find inner spiritual freedom and orientation. These enable a ‘standing open in faith’ to seek the way to greater love and service.

Getting down to it

Gathering Facts

Moving now from *self-knowledge* to *Facts*.

What do I need to know to make this choice?

What do I know?

What do I need to find out?

Gather as much as you can?



Moving towards decision

1. Make a Grid like that on the back page

Does this bring clarity?

Test what seems to be the best option by living as if you have committed to it for a specified period (you choose – a week or so). In prayerful review each day notice any impacts on your inner spirit that support or question the option.

Then reverse the decision for the same period noticing the effect in your daily review.

It is your feelings that are important to check.

2. If still not clear, imagine someone has come to you with this very same decision to make. Desiring the best for them, what would your advice be?

3. Imagine yourself on your deathbed. What decision would you have wanted to make?