

**SOME EXAMPLES OF SACRED QUESTIONS
FOR SPIRITUAL DISCERNMENT**

(Inspired by the Ignatian Discernment Tradition)

Where do you most/least find freedom in your life right now?

Where do you most/least find love in your life right now?

How does your courageous speak to what is most important for you?

What are your strongest vs. deepest desires at this time?

What would happen if you didn't make your decision?

How long have you been living with this tragic gap?

What are your deepest feelings about your dilemma?

Is this Tragic Gap a familiar theme in your life?

Is your sacred question coming from your soul-self or your ego-self?

Are you at a point where there is little doubt that you need to move forward?

Have you been at this kind of crossroads before?

Where/do you hear God whispering in your life?

How/would your decision bring you peace?

What would you do if you were ten times bolder?

How would your decision bring more life to you, to those you love and to the world?