## The Jesuit Guide to Almost Everything Chapter 12: **"What Should I Do? The Ignatian Way of Making Decisions"**

- 1. Are you good at making decisions? What are the major influences in your life when you have to make a major decision?
  - Opinions of others?

• Experience?

Conscience?

Risk/reward analysis?

Intuition?

Research?

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- Emotions?
- What if and If only? (p. 329)
- 2. Do you ever get stuck through fear in decision making and end up doing nothing? Do you sometimes end up second guess yourself?
- 3. One of the main goals of the way of Ignatius is "indifference", which is often confused with simply not caring about things. How could a greater sense of healthy indifference help you? Does Fr. Martin's discussion on indifference in decision making (p. 306) seem possible to you?
- 4. Ignatian discernment starts with the belief that God is with you in making decisions and that acting in concert with God's desires for you sometimes brings "consolation" (p. 308). Have you ever felt a feeling of "rightness" or "consolation" after making a good decision?

5. Fr. Martin notes the "Third Time" of decision making, when things seem very unclear, is probably the most common. Which of the decision making steps he outlines on pp. 319 – 326 sound the most helpful?

| First method (p. 319 - 320): |                                   | Second method (p 323 – 325) |   |
|------------------------------|-----------------------------------|-----------------------------|---|
| 1.                           | Put the choice into prayer.       | 1.                          | Imagine giving advice to a stranger.  |
| 2.                           | Identify your ultimate objective. | 2.                          | Imagine yourself at the point of death.   |
| 3.                           | Ask God for help.                 | 3.                          | Imagine ourselves at the Last Judgment.   |
| 4.                           | Make a list.                      |                             | Imagine what your "best self" would do.<br>to is your "best self" and how would that person |
| 5.                           | Pray about your list.             |                             | in ways different from the way you are living   |
| 6.                           | Ask for confirmation.             |                             |   |

- 6. Fr. Martin describes the three ways the "enemy" is at work in our lives (p. 332 335).
  - The enemy conducts itself like a spoiled child.
  - The enemy acts like a false lover.
  - The enemy acts like an army commander.

Have you ever experienced any of these situations in your life?

7. What is a major decision you are facing in your life at this time? How could the guidance contained in this chapter help you make that decision?