**Ignatian Prayer Practices That Help Us to Better Discern His Will for Us**

**Pray the Last Line of the Principle and Foundation**

Our only desire and our one choice should be this:  
***I want and I choose what better leads to the  
deepening of God's life in me.***

**Make a Triple Colloquy for Discernment**

I come into God’s loving regard.

I offer Him my whole self.

I ask God to tell me what He wants of me.

I ask to know his will.

I ask Mary to intercede for us in this matter.

**I listen.**

I say a Hail Mary.

She holds my hand and walks me to Jesus.

I talk to Jesus and ask Him for the gift of discernment

**I listen.**

I say the Jesus Prayer (Lord Jesus, have mercy on me, a sinner)

I take Jesus and Mary’s hands as I approach the Father.

I make the same request directly to our Loving Father,

To know his will, to have the courage and love of Him, to do His will.

I beg the Eternal Father of All, that He might give me the grace I need.

**I listen.**

I say the Our Father

**Daily (at least) Make an Examination of Consciousness**

[The disciplined practice of making a daily Examination of Consciousness would help us discern God’s will in our lives. St. Ignatius emphasized the importance of the daily examination. He urged us to be AWARE of

what is going on in our spiritual life.]

We settle ourselves and ask for the light of the Holy Spirit.

Webecome aware of God’s love for us and ask Him to help us review our day,

to be grateful for the graces received and moments of consolation,

to be sorry for times we have not shown love to our neighbor, our God, ourselves.

We lift up our desolations to the Lord, whether they of our making or the result of the decisions and behaviors of others.

We ask for guidance and wise discernment as we move forward.

We listen to our Lord’s quiet gentle voice.

We thank him and conclude with a prayer of thanksgiving.