

## Essential Qualities of a Discerning Heart



### Humility

One must be humble because faith situations are often obscure, and because our discernment is always impeded by our own sinfulness. St. John of the Cross said one of the surest signs of interior growth is a growing awareness of our own sinfulness.

A genuine discerning heart is always marked by a healthy self-doubt, and by an openness to be guided by the Lord through others.

Even today, when we put more stress on the personal maturity and responsibility of the person, the obedient docility born of humility is still a crucial sign of a genuine discernment.

### Charity

A true discerner is charitable since he/she knows well his/her own weakness, sinfulness and capacity for self-deception. So a free discerner does not judge others harshly because they happen to see things differently.

Do not judge others for their decisions.

### Courage

A healthy self-doubt in the discerner's heart does not lead to humility or paralysis, but rather to the courage to risk. That is, we feel sure after prayer and an openness to direction, that we should act in a certain way here and now, and we are convinced that such an action is the only honest, loving thing for us to do.

