

Carmelite Spiritual Horizons

An Exploration of the Spirituality of Carmel

Prayers for Discernment



Lord, I want to decipher your presence
through the events and objects that make up my life
to express the impact that they have on me.
In this I am an interpreter of your creation.
I make use of images, signs and comparisons
and I try to interpret your revelation in the daily events that surround me.
All along I am faced, Lord, with the mysterious signs of your passing by,
Permit me to see your footprints in my life,
and to experience the joys of your presence.
Lord, events and objects sometimes pose questions to which I have no answers.
Grant me some of your infinite capacity for seeing and proclaiming
the truth and beauty of the beings you have created.
I want to absorb their message, Lord, in order to return them transformed
into a conscious gift to your love,
and thus proclaim your praise. **Amen**

Heavenly Father,

You love me and you call me every moment of my life.

Give me the grace and wisdom to be silent
and to listen for the words you speak to me.

You have a plan for me,
a plan that will help me grace the world
in the unique way that only I can.

Send your Spirit into my heart and mind.

Enlighten me with your wisdom that I may come to know today
where you are calling me in life, and what I must do to fulfill your plan for me.

Give me the strength today to answer your call and inspire others to help me.

I make this prayer in Jesus name. **Amen**

Lord God, please give me an understanding heart and a sensitivity to your ways.

Help me to distinguish between the truth of your Word and the lies of this world.

Help me to discern between your voice and the enemy's voice.

May your gentle warnings be louder in my ears than the enemy's empty threats.

Lord God, grant me a desire for your Word so I will crave your instruction, guidance and wisdom. Your Word tells me if I lack wisdom, to ask you for it and you will give it generously and without finding fault in me. Thank you for your desire to give me a discerning spirit.

Lord God, tune my ears to your still small voice that convicts my heart of sin, corrects my ways, and counsels my heart. I know you are not the accuser who wants to discourage me and give me a spirit of despair. You are instead, my Advocate, who gently corrects me with your Word, and steers me along the right path. **Amen**

Gracious and loving God, I thank you for the gift of your Son Jesus. May I have a sense of his presence in my life, especially in times of fear, concern or confusion so that I might at all times discern your will for my life so that I might always give glory to your name. This I ask in Jesus name. **Amen**

Dear God, gracious and loving Father of us all, be with me in the dark times of fear or confusion, and when I am unable to see clearly the way ahead. Give me your gift of right discernment so that I might choose the right road ahead according to your will and so that my life might always give glory to your name, now and always. **Amen**