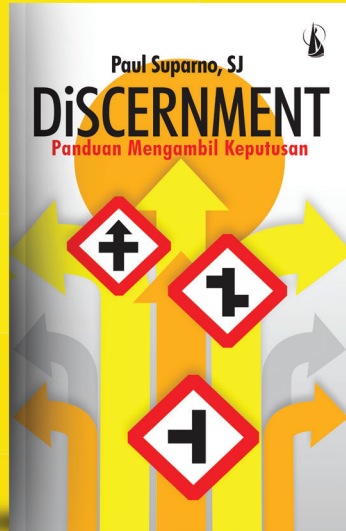




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DISCERNMENT

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Synopsis

Decision-making skills do not happen for a moment, but need to be constantly trained. To support our decision-making skills, we need to develop our minds and our hearts. We need to keep developing our minds by finding information as fully as possible, analyzing that information, and taking on what is important to the problems we face. We also develop our minds and affections, especially by frequently reflecting and establishing a close relationship with God. Then people need to continue to develop knowledge and also spiritual life.

This book presents a model of making choices and decisions in life in a structured, step-by-step manner. Decision making is not only based on ourselves, but also with God. This model is based on the teachings of Saint Ignatius as written in the *Spiritual Exercises*, which is often used by retreatants to encounter God. It will help as individuals and members of a group in making decisions that are in accordance with God's will and brings joy into our lives.

This book consists of two parts; individual discernment and communal discernment. It is intended for anyone who would like to develop their decision-making skills as an individual or as a member of their families, institutions, communities, and religious orders.

About the Author

Paul Suparno, SJ was a lecturer at Sanata Dharma University (USD), Yogyakarta, Indonesia from 1985 until retired. Previously served as the Rector of USD (2001-2006). He's a professor of physics education. He received BA in Philosophy at STF Driyarkara, Jakarta (1975); Bachelor of Natural Sciences at IKIP Sanata Dharma, Yogyakarta (1982); Bachelor of Philosophy in Theology at the Wedabhakti Theological Institute, Yogyakarta (1982); MST degree in Physics at Boston College (1992) and doctorate in science education at Boston University, USA (1996).

Actively writing books and articles about education and spiritual life. The main focus is on issues of character education, science education, and spiritual education. As a priest, he has a lot of experience in guiding retreats for students, teachers, educators, couples, nuns, and priests as well.