

Discernment Journal

For personal use, not to be shared with anyone.

Matthew 18 provides a process Christians can use to resolve conflicts. The first step in this process (verses 8-9) asks you to examine yourself. This journal will help you do that. The second step in the process (verse 15) is to go directly to the person, “when the two of you are alone” and work it out if you can.

Begin in contemplative prayer. Ask God for direction and then complete this journal.

Briefly identify the issue: (Use only one sentence. This will help you focus)

What is your shared purpose with the other person/group?

Avoiding anger and fear, what is your position on the issue?

Assume positive intent. What is your perception of the other person's/group's position on the issue:

Try to imagine that roles are reversed. What might they say that you have contributed to the conflict?

Describe the need you want to have addressed. There is a need for:

What are some possible Scripture images for this situation:

Is there a history behind your concern? Is this history impacting your reactions?

What steps can you take to remain calm, confident and connected to the other person?