

# Formation in Discernment

## Pope Leo's Prayer

Holy Spirit, you, light of our understanding,  
gentle breath that guides our decisions,  
grant me the grace to listen attentively to your voice  
and to discern the hidden paths of my heart,  
so that I may grasp what truly matters to you,  
and free my heart from its troubles.

I ask you for the grace to learn how to pause,  
to become aware of the way I act,  
of the feelings that dwell within me,  
and of the thoughts that overwhelm me  
which, so often, I fail to notice.

I long for my choices  
to lead me to the joy of the Gospel.  
Even if I must go through moments of doubt and fatigue,  
even if I must struggle, reflect, search, and begin again...

Because, at the end of the journey,  
your consolation is the fruit of the right decision.  
Grant me a deeper understanding of what moves me,  
so that I may reject what draws me away from Christ,  
and love him and serve him more fully.  
Amen.

