Blog
Religious Life



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by A Nun's Life Ministry

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Franciscan Sisters of Perpetual Adoration Katie Mitchell and Eileen McKenzie discuss the joyful side of discernment.

There's joy in listening to God and listening to other people during discernment, Mitchell said. Others "can tell you things about yourself that you don't know, that you don't see," she said. "If you're listening to God you really do find joy in knowing you are opening yourself to God and to God's way for you. ... Let go and let God guide us on the way."

Joy hardly means "you're giggling all the time," McKenzie added. "You feel connected with the divine in a way that leads you in places you never expected to go. That connection with the source is a sense of great joy. It brings you past the fear."

Click here to listen to the full episode of "Ask Sister" where this clip is from.

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