

“What Do I Desire” Exercise

This exercise is best done in tandem with a reading of “Advent and Desire: A Meditation” by James Martin, S.J. where we are encouraged to “notice” and “name” our desires as part of our spiritual and vocational discernment.¹

1. Begin by listing all of my desires in the middle column, as many as I can.
2. With discernment, draw an arrow to the left if the desire is “base” (from the self).
3. With discernment, draw an arrow to the right if the desire is “holy” (from above).
4. Discern what consolations lead me towards the third column of “holy” desires.
5. Discern what desolations lead me away from the third column of “holy” desires.
6. Discern communally with reverence, each other’s desires.

BASE	NEUTRAL	HOLY

¹ James Martin, “Advent and Desire: A Meditation,” *America Magazine: The Jesuit Review*, November 30, 2010, <https://www.americamagazine.org/content/all-things/advent-and-desire-meditation>.