



DISCERNMENT NEWSLETTER

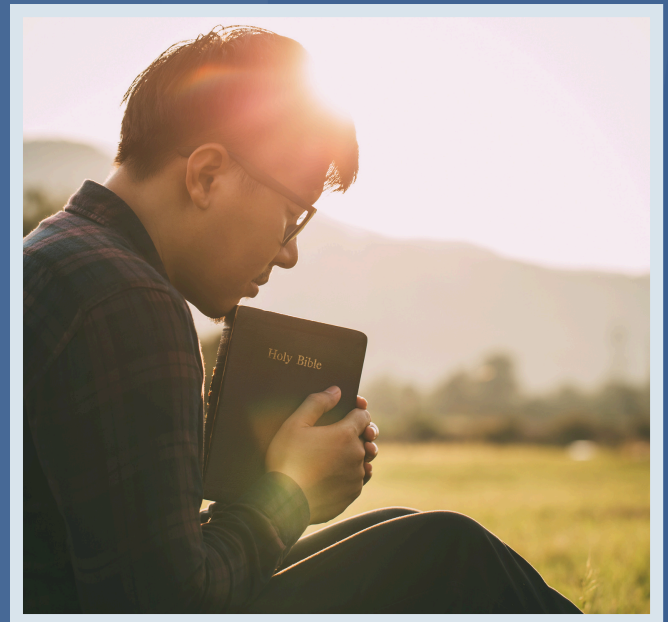
July 8, 2026

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THEOLOGICAL REFLECTION: PRUDENCE AS RIGHT REASON IN ACTION

The Catechism defines prudence as "the charism that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it." In simpler terms, prudence is moral wisdom. It is the ability to see the situation as it truly is, to understand what the good and loving thing to do is, and then to do it. For a priest, prudence is indispensable. He needs it to hear a confession and know how to guide a soul without crushing it. He needs it to manage the complex life of a parish—its finances, its staff, its ministries. He needs it to know when to speak out prophetically and when to remain silent in prayer. A priest without prudence can cause immense damage, even with the best of intentions. Prudence is the charism that allows him to apply the beautiful truths of our faith to the messy reality of human life.



SPIRITUAL FUEL: SOLOMON'S "UNDERSTANDING HEART"

The Bible gives us a perfect model of someone who prized prudence above all else: King Solomon. When God offered him anything he wanted, Solomon did not ask for riches or victory over his enemies. He prayed, "Give your servant, therefore, an understanding heart to judge your people and to distinguish right from wrong" (1 Kings 3:9).

God was so pleased with this request that He gave Solomon wisdom beyond any man who had lived before or since. This week, make Solomon's prayer your own. When you pray, ask God not for an easy life, but for an "understanding heart" to see your life, your relationships, and your potential vocation with clarity and wisdom.



A SAINT FOR YOUR JOURNEY: ST. JOSEPH

No one in the Gospels demonstrates the virtue of prudence more perfectly than St. Joseph. He is a man of action, but every action is preceded by quiet discernment. When he discovers Mary is pregnant, his first thought is not of rage but of justice tempered by mercy—he resolves to divorce her quietly. When an angel appears in a dream, he does not dismiss it as a fantasy. He prays, discerns, and then acts with complete trust, taking Mary as his wife and fleeing to Egypt to protect the child. St. Joseph is the model of the "just man," a man whose every action is ordered toward the true good. He teaches us that prudence is not passive; it is active, decisive, and rooted in a profound trust in God's guidance.

Yours in Christ,

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PRACTICAL DISCERNMENT: THE "PAUSE AND PRAY" METHOD

Prudence is a habit, and like any habit, it must be cultivated through practice. This week, I want you to practice the "Pause and Pray" method. Before making any decision—whether it's how to respond to a frustrating email, what to do with your free evening, or how to handle a difficult conversation—do the following:

1. Pause: Stop. Take a breath. Do not react immediately.
2. Ask: Quickly ask yourself two questions: "What is the most loving and truthful choice here?" and "Will this choice lead me closer to God or further away?"
3. Pray: Offer a quick, one-sentence prayer, like "Lord, guide me," or "Holy Spirit, give me wisdom."

This simple practice retrains your brain to seek God's will in the small moments, preparing you for the bigger decisions.

CLOSING THOUGHTS

The world needs men of prudence, men who can see clearly, judge rightly, and act courageously for the good of others. This is a cornerstone of the priestly heart.

May St. Joseph intercede for you, that you may grow in this essential virtue. I am here to help you on that path.