 Reading time: 2 min.

(continuation from previous article)

4. Where is your heart

Dear young people,
you have written to me asking about discernment which, I remind you, means being attentive to the voice of God that is deep in your heart. As Jesus tells us, “where your heart is, there is your treasure.” In other words, who am I and for whom am I prepared to give my heart? The journey to the depths of the heart is not always easy, for along with the whispers of God there are also loud cries and other voices competing with Him and trying to get your attention. These voices can manifest themselves in our thoughts, feelings and desires. Does that mean we have to ignore them in order to hear God’s voice? I would say the opposite: we must learn to discern these voices. We must sift our thoughts, feelings and desires to understand what belongs to what we know to be temptations and, instead, to understand the inspirations that come from and lead to God. It is precisely through these inspirations that God communicates desires to our hearts.

As you know from my writings, I am a great admirer of St Paul. We should follow his suggestions and teachings: “Do not conform to the mentality of this century, but be transformed by the renewing of your mind, that you may discern the will of God, what is good, pleasing and perfect to him.” If we decide to simply follow our thoughts, emotions, and superficial desires, we will never truly perceive the voice of God speaking in the depths of our hearts. So it is really necessary that we question ourselves:
– firstly: do these feelings, thoughts and desires come from God or from something else?
– secondly: are they helping me to reach God or are they leading me away from him?
Once you have laid this foundation, you can proceed to discern and seek the voice of God that is already present in your spirit.
Unfortunately, we spend a lot of time and energy revolving around ever-changing emotions and a “multiplicity of desires” that prevent us from making the choices that would lead us deeper. This process simply produces inconstancy, impatience and a constant desire for change.

In my *Spiritual conversations*, I recalled St Paul's words that everyone is a temple of God (1 Cor 3:16): as in the temple in Jerusalem, we need to pass through a series of courtyards in our hearts to reach the innermost and deepest place called the Holy of Holies.
Taking the idea from an invention of your time, I would like to use the image of the lift. You enter the lift with your thoughts, feelings, desires; if these become inspirations, they can take you deep into the Holy of Holies. The lift will take you lower and lower as you learn the truth contained in these feelings, thoughts and desires.
Finally you will reach the core, although I prefer the biblical term "heart". There words are no longer necessary. In the heart, in fact, the Spirit can reach the soul of each of you and become fully your Master. Here the mind is called to silence and there is no longer any need for reasoning or words that would lead to distraction. Here we understand what spirit discernment is because God is Spirit and He speaks directly to your soul illuminating your path and showing you the way forward. If you live in the Spirit, walk according to the Spirit (Gal 5:26).

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