

## Discernment Queries for Quaker Families



### Parents:

- Do your decisions about time use and possessions reflect your deepest priorities?
- Do you treat the Earth gently, mindful of the impact on the environment of food, transportation, and clothing choices?
- Do you have regular practices for seeking guidance in the Light?
- Do you consider a Clearness Committee (organized through your meeting or Friends Church) when facing larger or more difficult issues?

### Youth:

- Do you speak up when unfairness or dishonesty is happening around you indicating you need to say something?
- Do you have someone to talk to when what to do is unclear?
- Do your decisions about time use and possessions reflect your deepest priorities?
- Do you resist the pressure of ads and commercials to buy things you may not really need or want?
- Do you plan downtime for unstructured relaxation and reflection?
- Do you recognize the thoughts and feelings that signal that you have filled your schedule so full you are not comfortable and at peace?
- Do you act on the power of simply not laughing when someone tells a mean-spirited joke?
- Do you consider a Clearness Committee (organized through your meeting or Friends Church) when a larger discernment circle is needed?