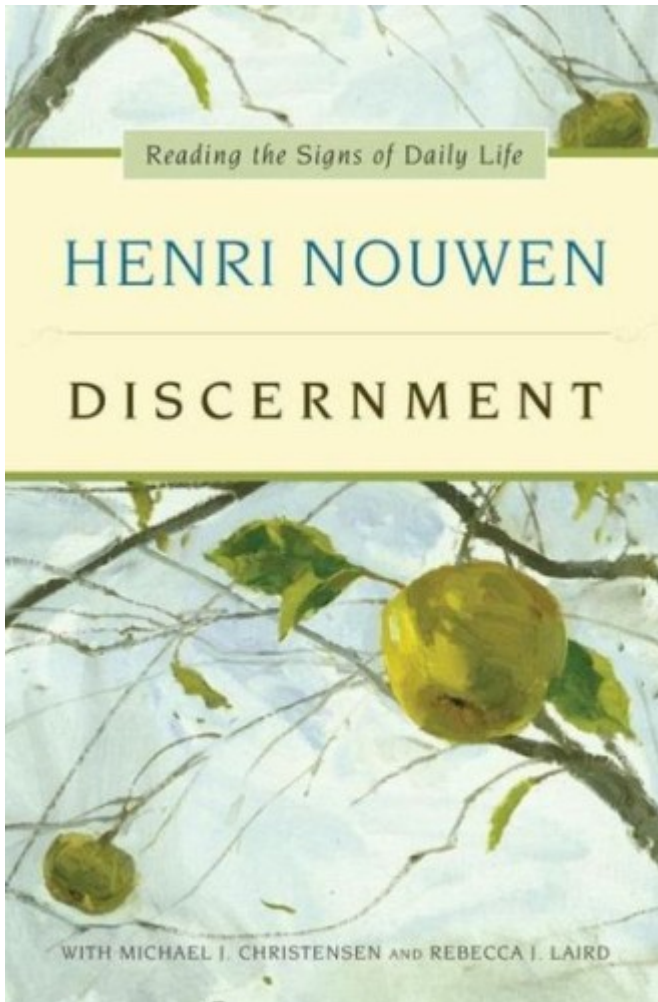


Discernment, by Henri Nouwen, with Michael J. Christensen and Rebecca J. Laird

Books in the [August 7, 2013](#) issue

In Review



Discernment

By Henri Nouwen, with Michael J. Christensen and Rebecca J. Laird
HarperOne

This is the third in a trilogy of posthumous works reconstructed from Nouwen's journals and lectures. In this volume he addresses the question, "What should I do with my life?" Answering the question is a lifelong process. Realizing the true self

involves giving up an ego-centered view of reality and finding one's identity in God. Discernment involves surrender to the Spirit's work, making one's heart hospitable to the Spirit. A Spirit-led life is not free of pain or suffering but is able to find Jesus present even in the pain. Discernment is a discipline and practice that happens in solitude and community.