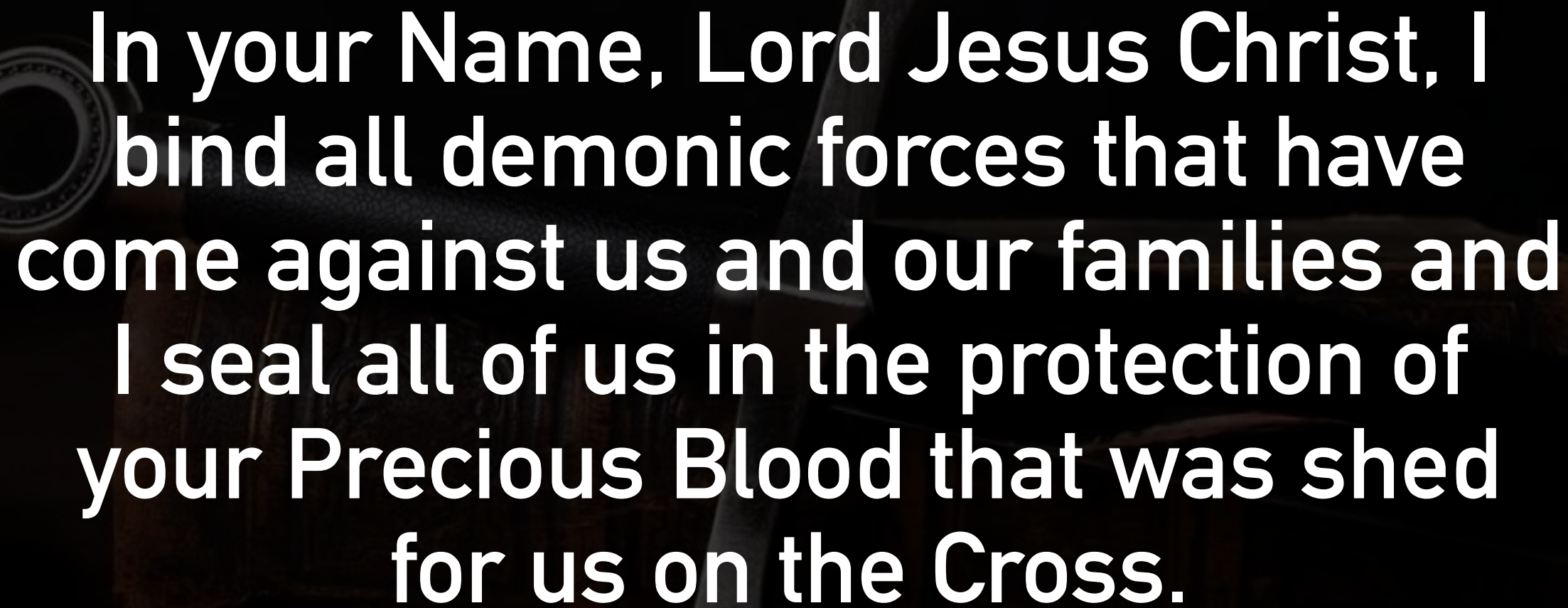


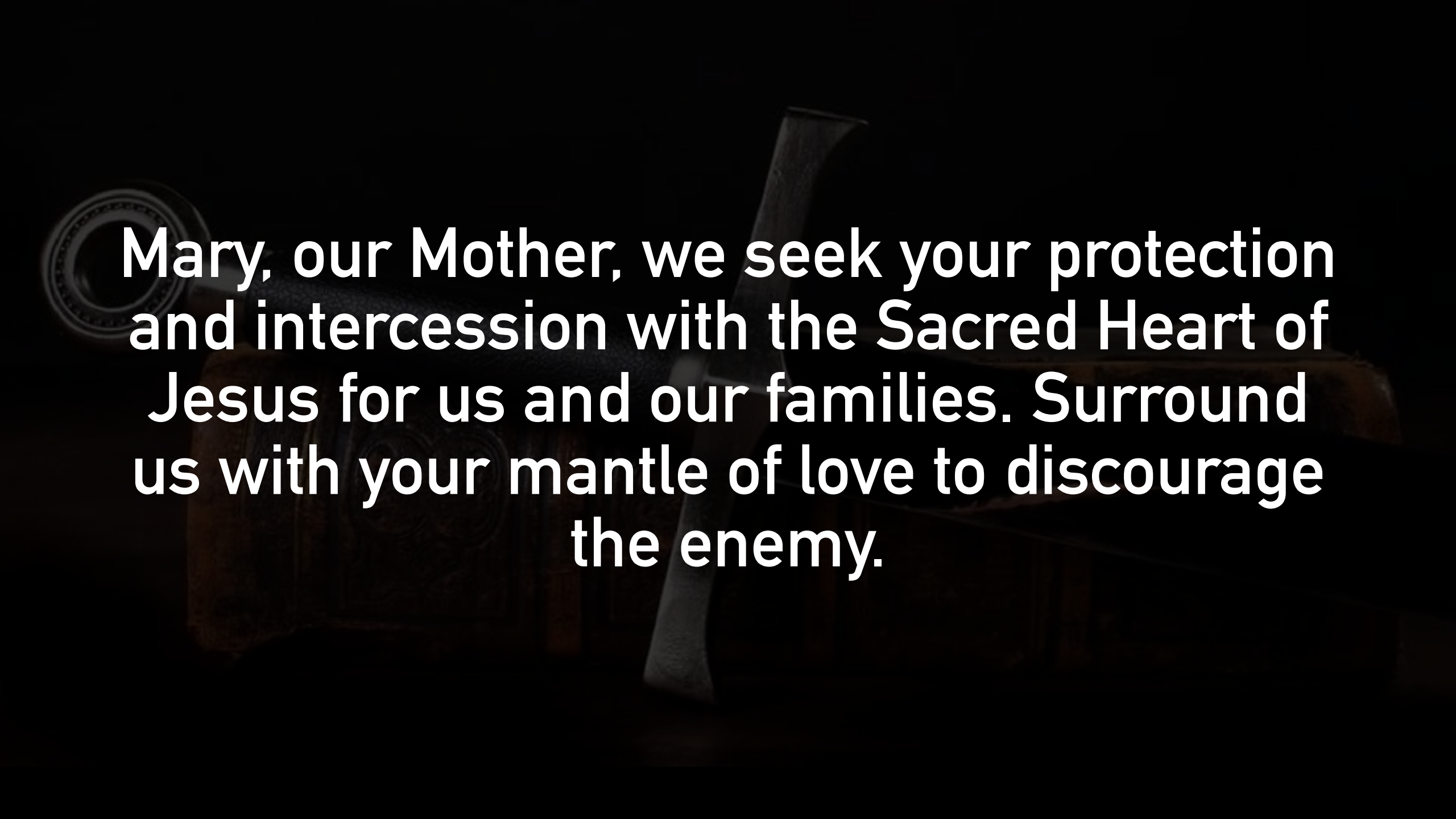
A dark, textured book cover, likely leather or cloth, with the words "HOLY BIBLE" embossed in a serif font. A sword with a dark blade and a light-colored hilt is resting diagonally across the book. The background is dark and moody, with some light reflecting off the book's surface.

SPIRITUAL WARFARE & DISCERNMENT OF SPIRITS NAVIGATING THE INTERIOR LIFE

In the name of Jesus Christ, I take authority and I bind all evil powers and forces in the air, in the ground, in the water, in the underground, in the netherworld, in nature and in fire. God You are Lord over the entire universe and I give you glory and praise for your creation.



**In your Name, Lord Jesus Christ, I
bind all demonic forces that have
come against us and our families and
I seal all of us in the protection of
your Precious Blood that was shed
for us on the Cross.**



Mary, our Mother, we seek your protection and intercession with the Sacred Heart of Jesus for us and our families. Surround us with your mantle of love to discourage the enemy.

**St. Michael, the Archangel, and our guardian
Angels, come defend us and our families in the
battle against all the evil ones that roam the
earth. In the name of Jesus Christ and through
His Precious Blood, I bind and command all the
powers and forces of evil to depart right now
away from us, our homes and our lands.**

**We thank you, Lord Jesus, for You are a faithful
and compassionate God. Amen.**

THE UNITY PRAYER

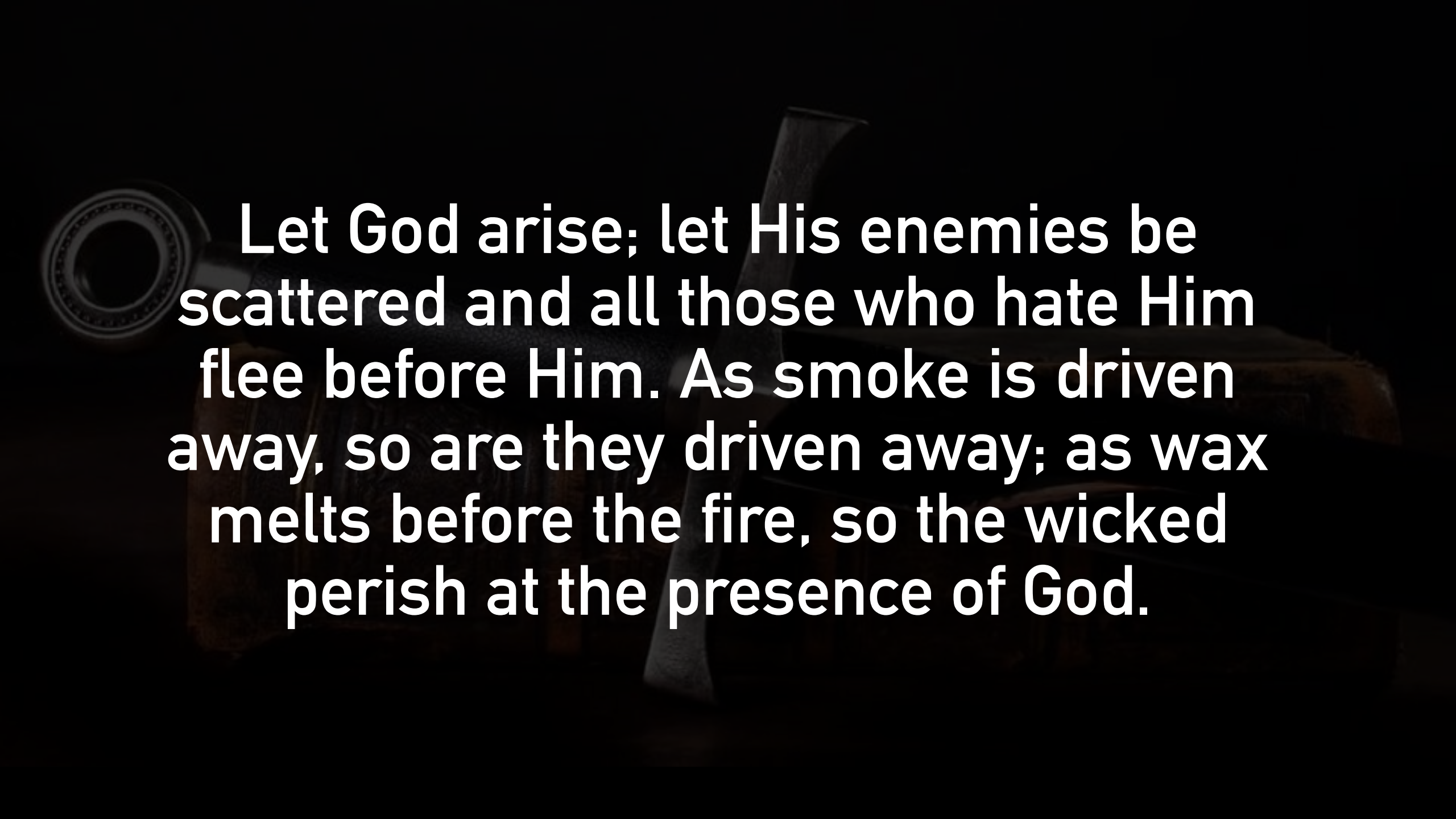
My adorable Jesus,
May our feet journey together.
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to the silence together.
May our glances profoundly penetrate each other.
May our lips pray together to gain mercy
from the Eternal Father. Amen.

CARMELITE INVOCATION

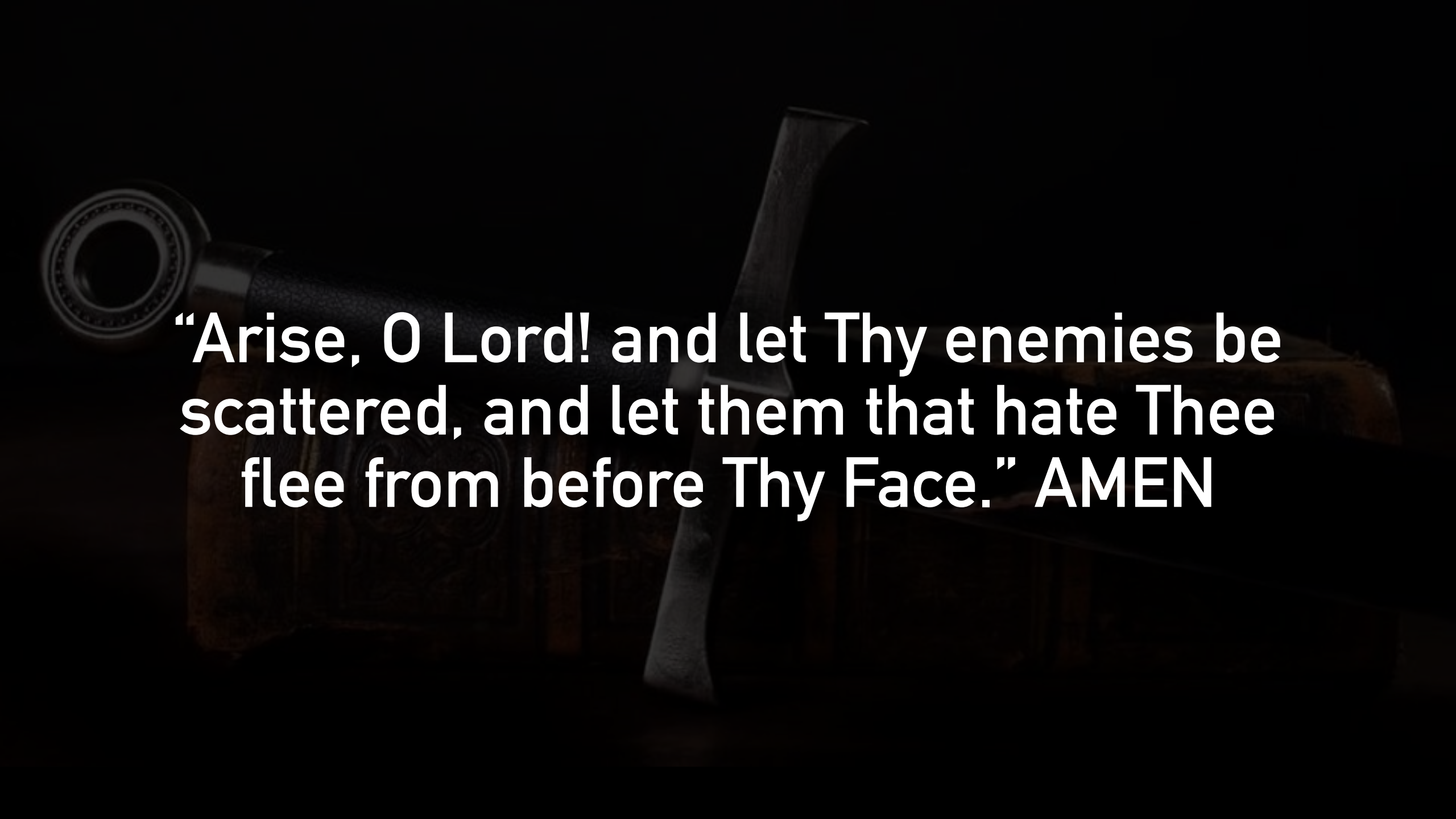
Come Holy Spirit with Thy seven-fold gifts and anoint us with Thy divine light, wisdom and power. Come Lord Jesus Christ and anoint us with Thy Precious Blood, freeing us from every snare and stronghold of the principalities and powers of darkness. O Mother of God, glorious and Immaculate and ever Virgin Mary, come and crush the head of the ancient serpent.

O great father, St. Joseph, terror of demons,
come and annihilate the enemies of our
souls. St. Michael, great prince and
commander of the heavenly army, strike
down the insidious foes who seek to
destroy us. Come glorious band of Apostles,
come great patriarchs and prophets; come
white robed army of Martyrs, come pure
and noble throng of virgins.

**Come to our aid Holy Mother St. Teresa,
our Holy Father St. John of the Cross, St. Elijah,
St. Elisha, St. John the Baptist, St. Therese, all
you Saints of Carmel, St. Pio, St. Isaac Jogues
and companions, St. Benedict, St. Francis, St.
Anthony, St. Clare, our Guardian Angels,
Archangels, and all you Holy Angels and Saints,
come repulse the attacks and deceits of our
wicked enemies; render them impotent
and helpless.**



Let God arise; let His enemies be scattered and all those who hate Him flee before Him. As smoke is driven away, so are they driven away; as wax melts before the fire, so the wicked perish at the presence of God.



“Arise, O Lord! and let Thy enemies be scattered, and let them that hate Thee flee from before Thy Face.” AMEN

PART ONE

Spiritual Warfare & The Spiritual Battle

The Interior Life - Stages & Progress

What is discernment?

Types of Discernment

PART TWO

What is Ignatian Spirituality?

Who is St. Ignatius of Loyola?

Ignatius' 3 modes for decision making

Why discernment of Spirits and the 14 rules

The 14 Rules Explained

PART THREE

The tactics of the enemy
Weapons for fighting the enemy
Disposition for discernment
Living a Discerning Life
& Creating a Rule of Life
The Examen Prayer

WHAT IS SPIRITUAL WARFARE?

Spiritual warfare recognizes that the devil is real, evil exists, and each day, these forces attempt to drive us towards living lives of sin.

It exists both in the dramatic moments but also in the mundane, daily experience of every day life, according to Fr. Dwight Longenecker.

WHAT IS SPIRITUAL WARFARE?

Spiritual warfare is the battle that we fight daily for the salvation of our souls.

We call it “spiritual” because it isn’t fought in the temporal world but the spiritual one.

WHAT IS SPIRITUAL WARFARE?

The background of the slide is dark and atmospheric. It features a handgun on the left side, with its barrel pointing towards the center. A wooden-handled axe is positioned vertically in the center, its head pointing upwards. The lighting is low, highlighting the textures of the gun's metal and the wood of the axe handle.

**The thief (Devil) comes only to
steal and kill and destroy.**

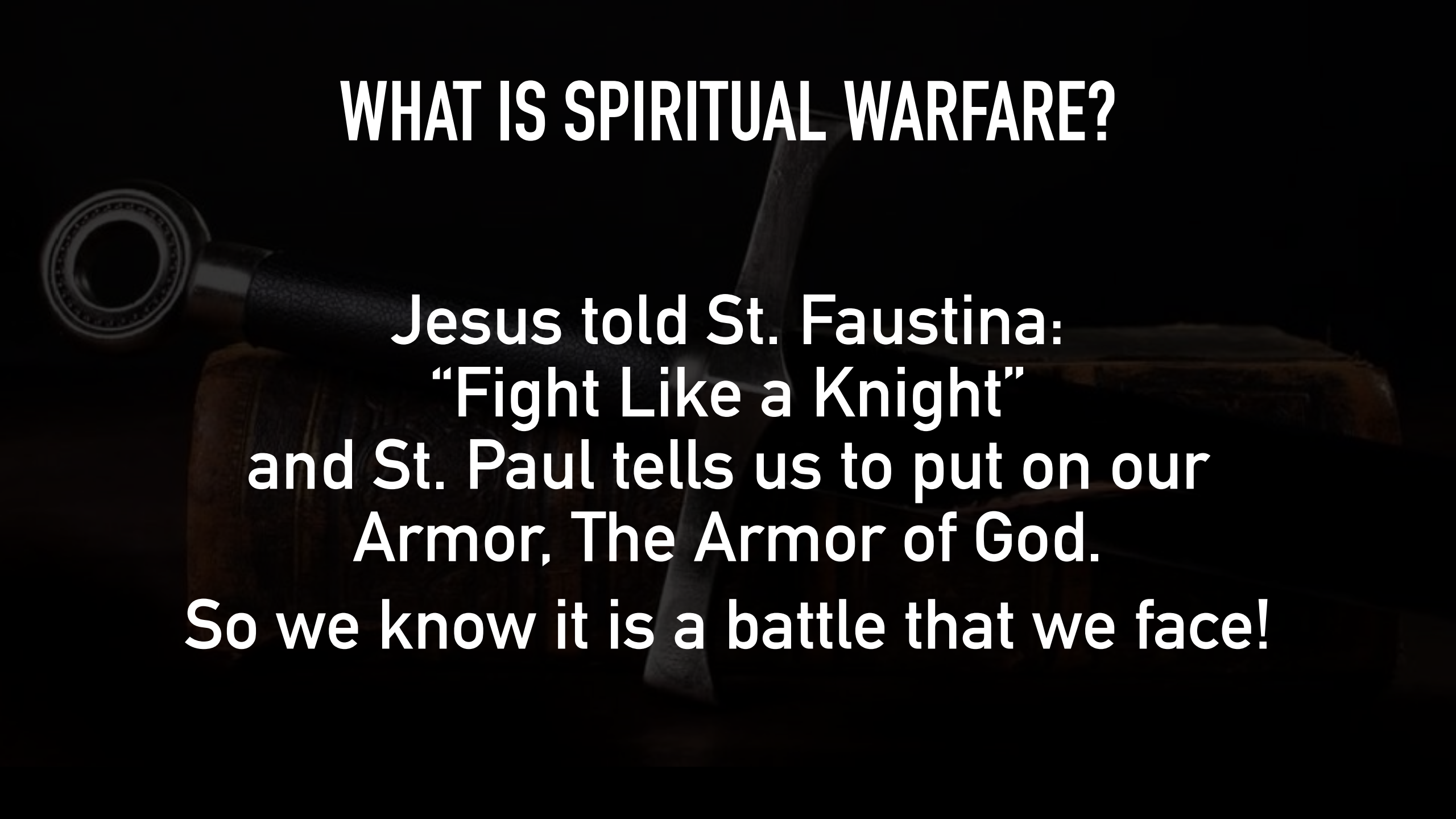
John 10:10

WHAT IS SPIRITUAL WARFARE?

For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6:12

WHAT IS SPIRITUAL WARFARE?



Jesus told St. Faustina:
“Fight Like a Knight”
and St. Paul tells us to put on our
Armor, The Armor of God.
So we know it is a battle that we face!

WHAT IS SPIRITUAL WARFARE?



Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

Ephesians 6:10-20

WHAT IS SPIRITUAL WARFARE?

The background is a dark, moody image of a sword and a shield. The sword is positioned vertically, with its hilt at the top and its blade pointing downwards. The shield is positioned horizontally, overlapping the sword's blade. The lighting is dramatic, highlighting the textures of the metal and the leather of the hilt and shield.

The Shield of Faith
The Breastplate of Righteousness
The Sword of the Word
The Helmet of Salvation

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Fr. Dwight Longenecker.

WHAT IS SPIRITUAL WARFARE?

The devil declares WAR
(on God's people) especially against
those who detest his rule, who fight
against their passions, who are
disciples of Jesus Christ.

Fr. P.J. Michel



WHAT IS SPIRITUAL WARFARE?

**How does the devil attack?
Mainly through our intelligence.**

IT IS A BATTLEFIELD OF THE MIND.

WHAT IS SPIRITUAL WARFARE?

He attacks us through our thoughts. The devil and his minions are able to plant ideas within our minds in an attempt to influence our reason, emotions, memory and imagination.



HOW CAN WE FIGHT THIS BATTLE?

**Practicing Discernment
of Spirits &
Developing a strong
interior life.**

WHAT IS THE INTERIOR LIFE?

The Interior life or the inner life is the life of the soul with God, the intimate conversation one has within oneself all through life.

WHAT IS THE INTERIOR LIFE?

The devil tries to infiltrate this.

He doesn't want us to develop the interior life because he doesn't want us to grow closer to God.

WHAT IS THE INTERIOR LIFE?

When we grow in the interior life we become stronger spiritually and it is harder for the devil to manipulate us with his lies and empty promises.

HOW CAN WE FIGHT THIS BATTLE?

Through Discernment of Spirits we are better able to Navigate the Interior Life, put up our defenses and get the upper hand in the Spiritual Battle.

WHY DISCERNMENT OF SPIRITS?

An invitation to healing and a way for us to:

- hear the voice of God; it's truth
- identify the voice of the enemy; the lies

that can help us follow and then discern the will of God for us.

The path of salvation is living the will of God.

GOD'S WILL - ORDAINED & PERMISSIVE

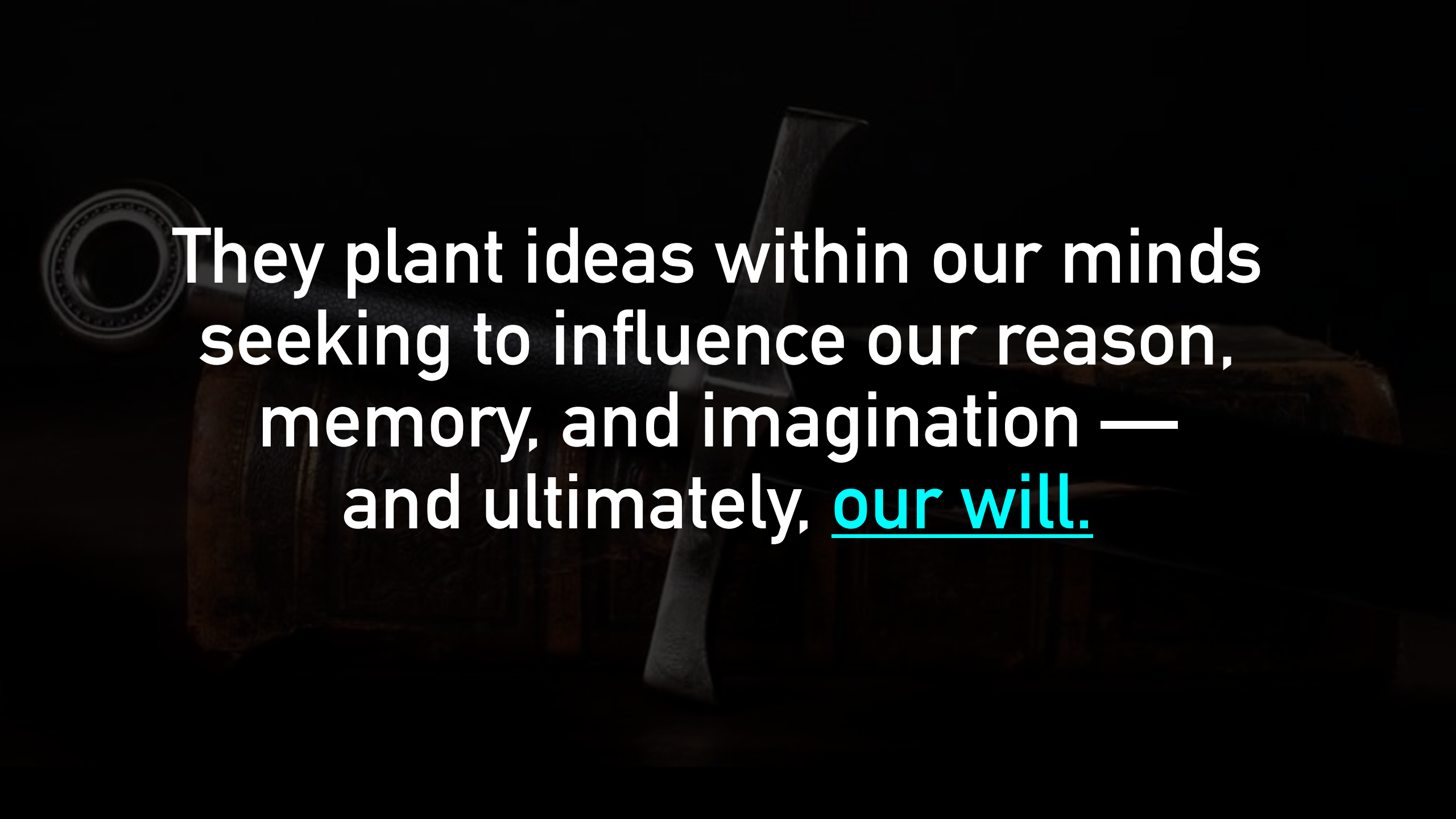
The **ordained will** of God is also known as the "active" will of God, i.e., God's plan for the whole of creation as well as each individual.

The **permissive will** of God refers to that which God allows to happen.

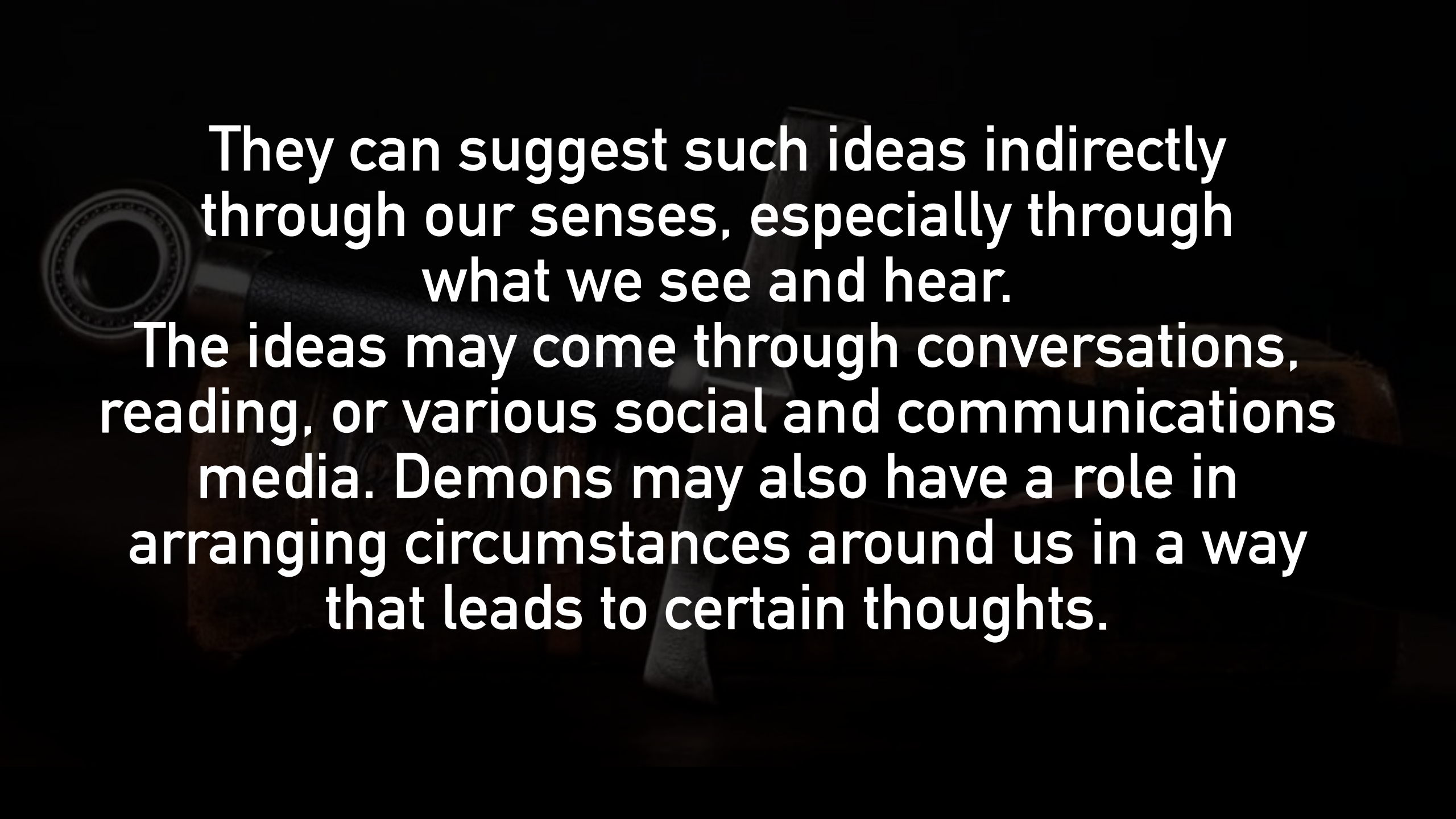
The devil & his minions just a fallen angels.

As a mere creatures, like us,
they rely on the will of God to remain in
existence at each moment and on the
permissive will of God to take any action.

The Exorcism Files, Adam Blai



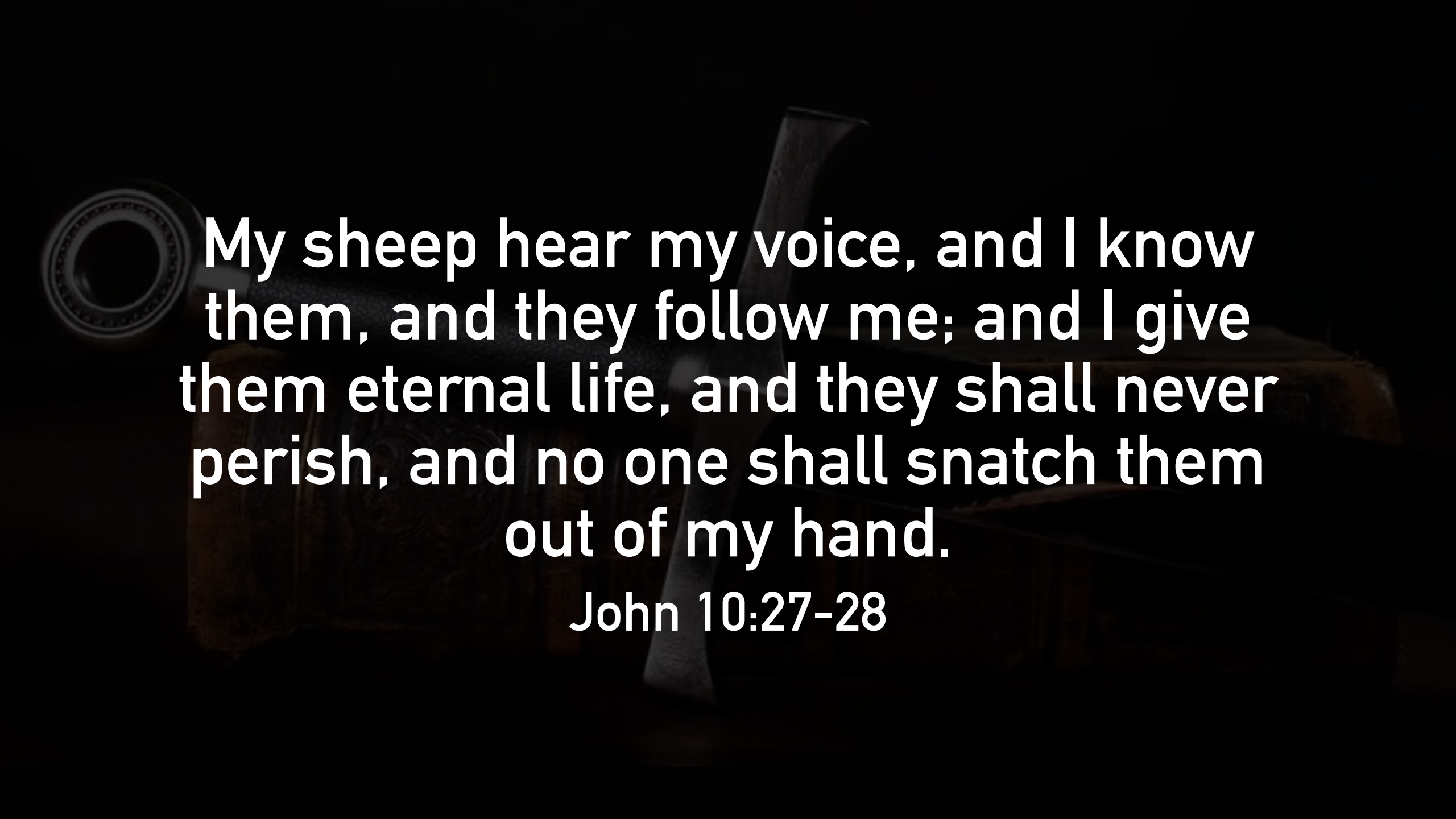
They plant ideas within our minds
seeking to influence our reason,
memory, and imagination —
and ultimately, our will.



They can suggest such ideas indirectly through our senses, especially through what we see and hear.

The ideas may come through conversations, reading, or various social and communications media. Demons may also have a role in arranging circumstances around us in a way that leads to certain thoughts.

The Spiritual life is ultimately about learning to recognize the “voice of the Shepherd” vs. the “voice of the Serpent” -- accepting or following everything the Shepherd says and rejecting the suggestions of the Serpent!



My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand.

John 10:27-28



WHAT IS DISCERNMENT?

WHAT IS DISCERNMENT?

The root of the word “discernment” is the Latin word **discerno**, meaning to sever or separate. It’s essentially the ability to separate what’s important from what’s irrelevant or misleading.

What Do You Really Want? St. Ignatius Loyola and the Art of Discernment

WHAT IS DISCERNMENT?

The American College Dictionary (1966) defines the verb “discern” as follows:

1. To perceive by sight or some other sense or by the intellect...
2. To distinguish mentally; recognize as distinct or different; discriminate.

WHAT IS DISCERNMENT?



“Discernment” can be defined as the act of trying to make a decision in a thoughtful, prudent manner.

WHAT IS DISCERNMENT?

To discern is to understand and decide on a course of action regarding inspirations that influence our thoughts, words, and deeds either toward God to heaven or away from Him to hell.

Dan Burke

WHAT IS DISCERNMENT?

Christian discernment can be defined as a practice undertaken not as an individual person but in relation with and inspired by the Holy Spirit.

Collins, Christopher S.. Habits of Freedom . Ave Maria Press.

WHAT IS DISCERNMENT?

Discernment in the spiritual life is the wisdom that enables us to distinguish between feelings, ideas, and motives that are from the Holy Spirit and those that aren't. It shows us the choices that lead to God and those that don't.

Manney, Jim. What Do You Really Want? St. Ignatius Loyola and the Art of Discernment

TYPES OF DISCERNMENT



Discernment of Vocation

Discerning your state in life: marriage, priesthood, single life, religious life.

TYPES OF DISCERNMENT

The **Charism of Discernment** of spirits:

This is when a person, through the inspiration of the Holy Spirit can determine if there is a divine or demonic presence in certain people, places or things.

The charism of word of knowledge is when the person can name the spirit.

TYPES OF DISCERNMENT

...to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues.

1 Corinthians 12:10

TYPES OF DISCERNMENT

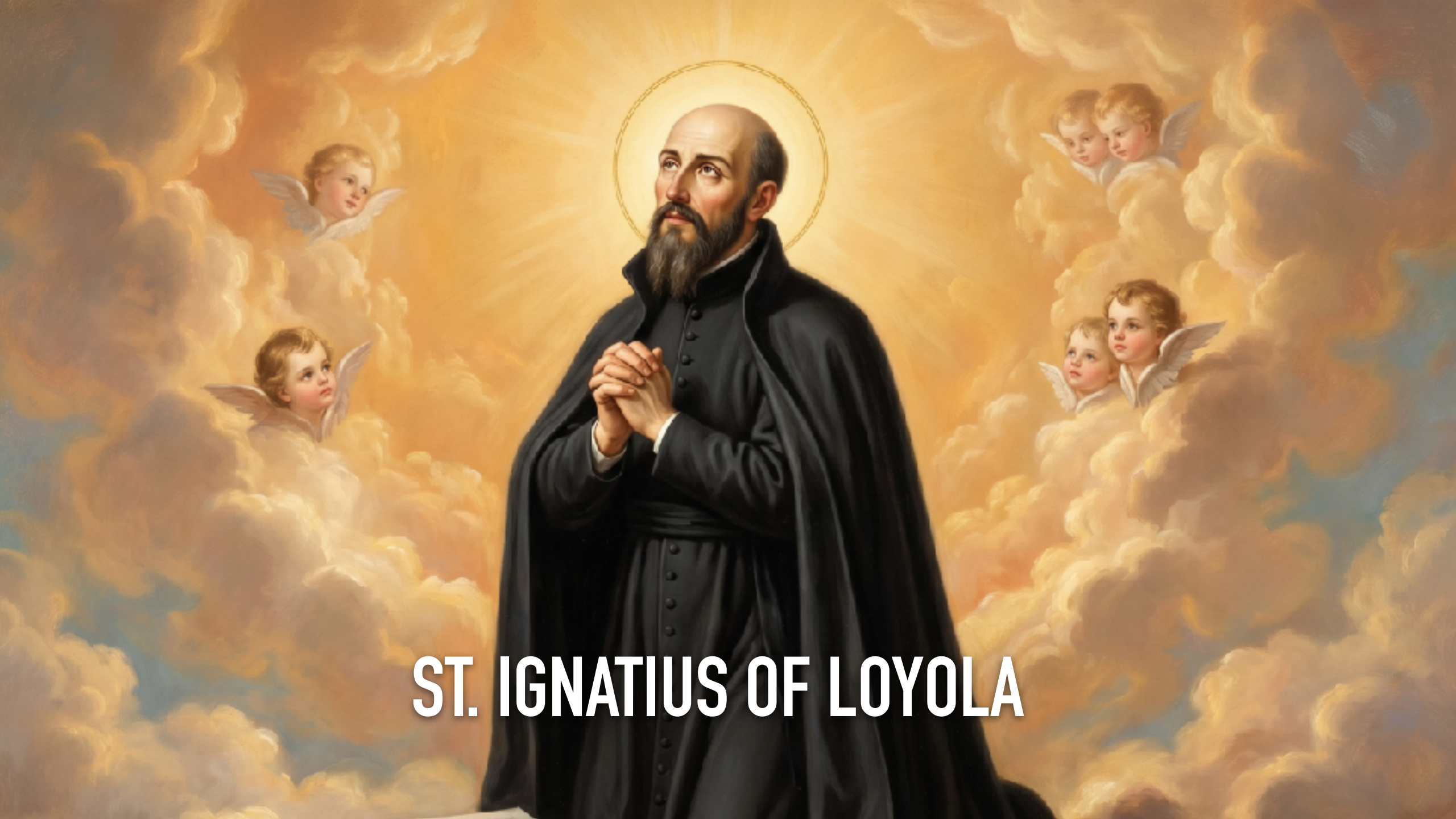
Discernment of Spirits

understanding the movements of the heart, everyday decision making in following the will of God.

We try to decipher the various angelic communications so as to determine if the thought or impulse we have are from the good spirits (thus, ultimately God's will) or from the evil spirits (thus, contrary to God's will).



**THE ORIGINS OF THE 14 RULES FOR
DISCERNMENT OF SPIRITS**



ST. IGNATIUS OF LOYOLA

WHO IS ST. IGNATIUS OF LOYOLA

- A spaniard of minor nobility
- He was injured in a war
- He had his conversion while being injured and assigned to a bed for many months
- He developed the Rules for Discernment a key aspect of Ignatian Spirituality

WHAT IS IGNATIAN SPIRITUALITY?

Ignatian spirituality is a spirituality for everyday life. It insists that God is present in our world and active in our lives.

It is a pathway to deeper prayer, good decisions guided by keen discernment, and an active life of service to others.

IGNATIAN SPIRITUALITY ENCOURAGES US TO

- Find (recognize) God in all things
- Develop a personal relationship with Christ and love for the Church (bruised and broken as it often is)
- Live a life of reflection (self-awareness/discernment) leading to gratitude and a life of service.
- Develop our interior life and grow closer to God
- Live a life of contemplation in action—not a monastic existence, but an active one that is, at the same time, infused with prayer
- Live with an inner freedom (the result of self-awareness and discernment)

THE 14 RULES FOR DISCERNMENT OF SPIRITS

The rules are guidelines to help us become aware and to some extent understand the movements of our hearts and:

- How the spiritual life works
- How the Holy Spirit operates vs. the devil
- What spiritual consolation looks like vs. spiritual desolation
- How to identify the tactics of the enemy, fight temptation and become free from spiritual oppression

THE 14 RULES FOR DISCERNMENT OF SPIRITS

The first set - 14 rules:

They deal with where most people are at
in their journey to God.

Those striving to live better.

THE 14 RULES FOR DISCERNMENT OF SPIRITS

THE RULES ARE DESIGNED TO:

- Help us follow God's ordained will for us.
- Teach us to recognize the Devil's tactics & overcome them with God's help.
- Help us to grow in the spiritual life - moving closer to God and becoming more detached from sin and the world.

THE 14 RULES FOR DISCERNMENT OF SPIRITS

They are based on St. Ignatius' experience which is similar to us as we strive to grow in holiness.

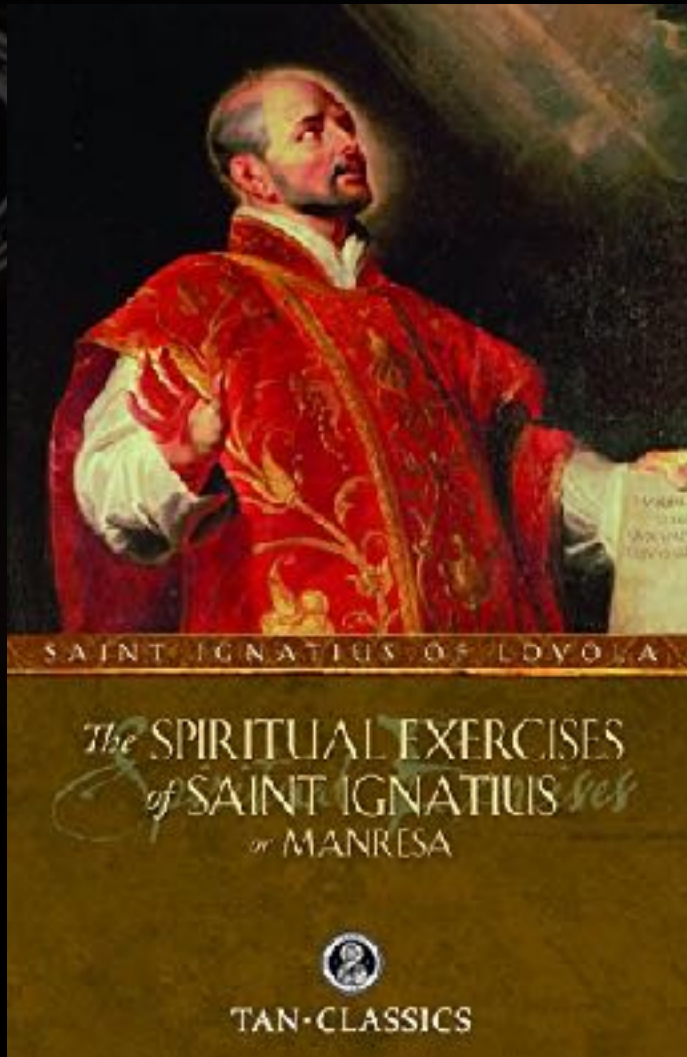
They are part of a larger text by St. Ignatius called the spiritual exercises.

THE SPIRITUAL EXERCISES

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius of Loyola to help people deepen their relationship with God.

For centuries the Exercises were most commonly given as a “long retreat” of about 30 days in solitude and silence or 5 - 8 days as a shorter retreat.

THE 14 RULES FOR DISCERNMENT OF SPIRITS



THE SPIRITUAL EXERCISES OF ST. IGNATIUS

[Free open source book](#)



IGNATIUS 3 MODES FOR DECISION MAKING



THREE MODES OF DECISION MAKING/ DISCERNING GOD'S WILL FOR US

First Mode: Clarity Beyond Doubting

Second Mode: An Attraction of the Heart
- Discerning Consolations & Desolations

Third Mode: A Preponderance of Reason
- Tranquil and Rational Evaluation

THREE MODES OF DECISION MAKING

FIRST TIME: CLARITY BEYOND DOUBTING

The first time/mode is, when God our Lord so moves and attracts the will, that without doubting, or being able to doubt, such devout soul follows what is shown it, as St. Paul and St. Matthew did in following Christ our Lord.

THREE MODES OF DECISION MAKING

SECOND TIME: AN ATTRACTION OF THE HEART

The second time/mode, is by the experience of **discernment of spirits** and enough clarity and understanding is received through experience of **consolations and desolations.**

THREE MODES OF DECISION MAKING

THIRD TIME: A PREPONDERANCE OF REASONS

The third time is a quiet time when the soul is not acted on by various spirits (the good spirit or the bad spirit), and uses its natural powers freely and tranquilly.

When making decisions in this mode we first consider the reason we were born - namely, to praise God our Lord and save his soul and desiring this, the person makes decisions that are in line with the teachings or the Church and in the service of God and His people.

THREE MODES OF DECISION MAKING

THIRD TIME: A PREPONDERANCE OF REASONS

There are three factors present in this third approach to discerning the will of God.

1. You are interiorly calm and at peace; (tranquility)
2. You do not have a clarity beyond doubt as described in the First Time above; and
3. You do not have a clear experience of consolation and desolation as described in the Second Time in helping discern God's Will.



WHY DO WE NEED DISCERNMENT?

WHY DO WE NEED DISCERNMENT OF SPIRITS?

Not all “movements” in our heart need spiritual discernment, but only the ones that “affect my life of faith, hope, and love and my following of God’s will” (Gallagher, 24).

DISCERNMENT OF SPIRITS IN SCRIPTURE

Beloved, do not believe every spirit,
but test the spirits to see whether they
are of God; for many false prophets have
gone out into the world.

1 John 4:1

WHY WE NEED DISCERNMENT?

The Holy Spirit makes us discern between trials, which are necessary for the growth of the inner man, and temptation, which leads to sin and death. We must also discern between being tempted and consenting to temptation. Finally, discernment unmasks the lie of temptation, whose object appears to be good, a "delight to the eyes" and desirable, when in reality its fruit is death. CCC2847

WHY DO WE NEED DISCERNMENT OF SPIRITS?

Anyone striving to move forward in the spiritual life will encounter the need for discernment of spirits to identify the good spirit and how God wants us to move forward in truth and to identify the bad spirit who wants to keep us in sin and prevent us from moving forward.

WHY DO WE NEED DISCERNMENT OF SPIRITS?

For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6:12

WHY DO WE NEED DISCERNMENT OF SPIRITS?

The ordinary activity of demons is subtle and occurs within our thought life. They can suggest such ideas indirectly through our senses, especially through what we see and hear.

WHY DO WE NEED DISCERNMENT OF SPIRITS?

The demons have no physical bodies. So when they communicate thoughts to us without using a physical medium, we may not discern that the thoughts come from outside us. Instead, we may mistake the thoughts as our own—and that misperception is obviously to the Enemy's advantage.

"STAND FIRM IN FAITH"
(1 Corinthians 16:13)



THE BATTLEFIELD OF THE MIND

CATHOLIC SPIRITUAL WARFARE

THE ENEMY'S TACTICS



Accusations against God and self, cultivating pride, despair, fear, and attachment to sin.



"For our struggle is not with flesh and blood, but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens."

- Ephesians 6:12

OUR WEAPONS IN CHRIST



Daily Prayer (especially Rosary)
Regular Confession & Eucharist

Reading Holy Scripture



Fasting & Penance

Invoking Angels & Saints



Ignatius learned that there are forces both within and without us that can obscure our ability to see
who we truly are & who God truly is.

TRUE SPIRIT VS FALSE SPIRIT

We cannot trust our feelings!

Just because it feels good doesn't mean
that it is good for us.

I want to teach you about spiritual warfare.

Never trust in yourself, but abandon
yourself totally to My will. (Diary 1760)

DISCERNMENT OF SPIRITS & THE INNER LIFE

We need discernment to distinguish these forces to help navigate the spiritual life.

There are two fundamental directions in the spiritual life—moving toward God or moving away from Him.

The rules are a way of becoming more and more tuned into the interior life of your own soul.

They help us to navigate.

DISCERNMENT OF SPIRITS & THE INNER LIFE

The journey of the interior life refers to the path along which Christ leads us in the becoming men and women God created us to be.

THE THREE STAGES OF THE INTERIOR LIFE

According to Catholic Tradition

A Journey of Spiritual Transformation & Descent

3. THE UNITIVE STAGE:
The Way of the Perfect



PERFECT UNION
PASSIVE CONTEMPLATION with God

Abedance in Divine Charity

PASSIVE CONTEMPLATION with God

TRANSFORMING LOVE

DEEP PEACE & JOY

I am my beloved's and my beloved is mine. - Song of Songs 6:3

2. THE ILLUMINATIVE STAGE:
The Way of Proficients



ENLIGHTENMENT
Deeper Understanding of Truth

GROWTH IN VIRTUE
Faith, Hope, Charity

Deeper Understanding of Truth

IMITATION OF CHRIST

CONTEMPLATIVE PRAYER
Infused contemplation of Practice of Virtues

Progress in Holiness

The light shines in the darkness. - John 1:5

1. THE PURGATIVE STAGE:
The Way of Beginners



REPENTANCE
Purification from Sin

Struggle with Vices

ASCETICAL PRACTICES

SELF-KNOWLEDGE
Detachment from Worldly Pleasures

ACTIVE PRAYER
Vocal prayer, meditation on Scripture

MONSTRANCE & GOD

Create in me a clean heart, O God. - Psalm 51:10

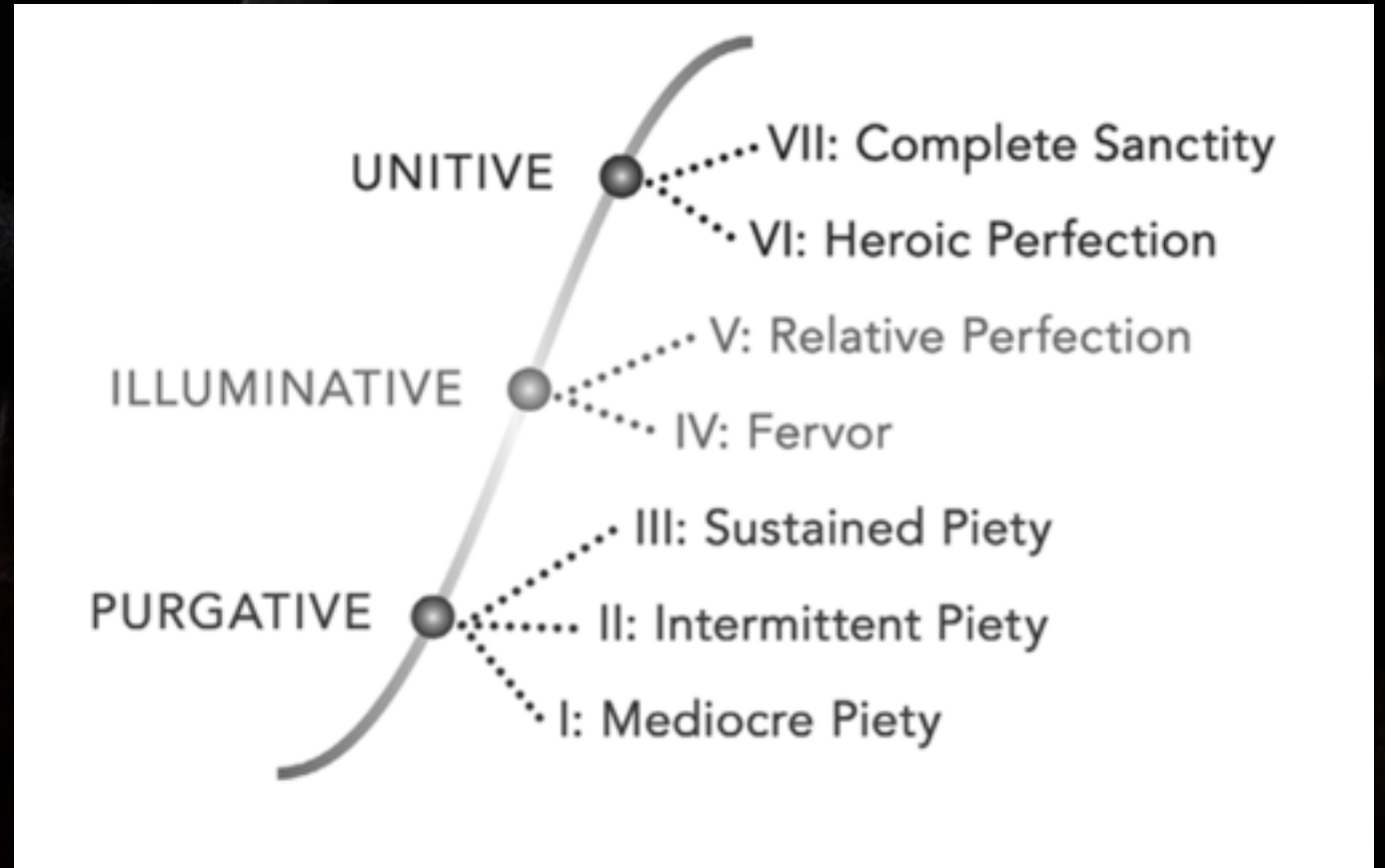
A LIFE-LONG JOURNEY TOWARDS HOLINESS AND HEAVENLY GLORY

3 STAGES OF THE SPIRITUAL LIFE

The Purgative
Way/Stage

The Illuminative
Way/Stage

The Unitive Way/
Stage



3 STAGES OF THE SPIRITUAL LIFE

THE PURGATIVE STAGE:

In this stage, our desires and affections must be “purged” of attractions to sin.

We are purged of attachments to low and earthly things.

3 STAGES OF THE SPIRITUAL LIFE

THE ILLUMINATIVE WAY/STAGE

In this stage, the mind becomes more and more enlightened (“illuminated”) to spiritual things and the practice of virtue.

The main feature of the Illuminative Way is enlightenment of the mind in the ways of God and a clear understanding of His will for us in our state of life.

3 STAGES OF THE SPIRITUAL LIFE

THE UNITIVE STAGE

This is the way of those who have their minds detached from temporal things, such that they enjoy great peace, and are not agitated by various desires, nor are they moved to any great extent by sinful passion.

Having been largely purged of these things, they have their minds fixed chiefly on God. It is called “unitive” since, at this stage, there is a “union” with God by love and the actual experience and exercise of that love.

THE GIFT OF GRACE

Grace (gratia, Charis), in general, is a supernatural gift of God to intellectual creatures (men, angels) for their eternal salvation, whether the latter be furthered and attained through salutary acts or a state of holiness.

THE GIFT OF GRACE

We can do nothing on our own.

The rules are there to guide us, and through the help of God's grace we can implement them and through them grow in grace and in the spiritual life.

THE GIFT OF GRACE

Grace is like us trying to open a door and we can't. God comes, puts His hand over us and together we can turn the knob and the door is open.



**PROCESS OF DISCERNMENT
IN THE 14 RULES**

DISCERNMENT IN THE 14 RULES

- Determine where the Soul is at.
- Examine the ups and downs
- Where do inspirations come from –
 True & False Spirits
- Consolation & Desolation (spiritual & non-spiritual)
- Elements that help in our discernment



THREE DIFFERENT SPIRITS THAT ACT ON SOULS:

The Devil

God

The world

DISCERNMENT OF SPIRITS

In discernment of spirits we distinguish **WHO** and **WHAT** is behind the movements and stirrings within our hearts.

Good Spirit vs Bad Spirit

Our own feelings

The world - places, people, situations around us.

DISCERNMENT OF SPIRITS

Devil: this spirit brings fear, anxiety, illusions.

The world: this spirit makes us lazy, complain, lose patience, lose heart in the midst of trials.

God: His spirit is good, gives us peace. He alone can penetrate into the inmost depths of the soul and draw us closer to Him.

INTRO TO THE TEXT OF THE RULES

Rules for becoming aware and understanding to some extent the different movements which are caused in the soul, the good, to receive them, and the bad to reject them.

DISCERNMENT OF SPIRITS IN THE RULES

Process of Discernment in the Spirit of the Rules

BECOME AWARE

UNDERSTAND

TAKE ACTION:

(ACCEPT/REJECT)

DISCERNMENT OF SPIRITS IN THE RULES

Process of Discernment in the Spirit of the Rules: A.I.R.

AWARENESS

IDENTIFY

RESPOND:

(ACCEPT/REJECT)

DISCERNMENT OF SPIRITS IN THE RULES

BECOME AWARE/AWARENESS

The spiritual life is a roller coaster.

Our lives are both spiritual and emotional. It is a series of ups and downs and moments in-between.

St. Ignatius refers to the ups as “consolation”
and the downs as “desolation.”

The moments in-between where we are not agitated by either consolation or desolation is know as tranquility.

TRUE SPIRIT VS FALSE SPIRIT

THE TRUE/GOOD SPIRIT:

The “inner pull” towards God’s plan and towards faith, hope and love.

The good spirit give consolations.

TRUE SPIRIT VS FALSE SPIRIT

THE BAD/FALSE SPIRIT:

The “inner pull” away from God’s plan and away from faith, hope and love.

Also referred to as “the enemy of our human nature.”

The bad spirit causes desolation.

KNOW THYSELF – THE UPS & DOWNS

We must strive to know ourselves so we can identify our vulnerabilities and weaknesses.

Self-Awareness -

knowing ourselves helps us to:

Identify the ups and downs, the situations that trigger it - both on the spiritual & non-spiritual - vulnerabilities & wounds, surroundings, situations and people around us etc.

KNOW THYSELF – THE UPS & DOWNS

**BEING SELF-AWARE TAKES HUMILITY
HUMILITY IS A TRUE KNOWLEDGE OF SELF.**

It is the truth about oneself.

It is as we are in the sight of God.

“Know Thyself, and thy faults, and thus live.”

St. Augustine

KNOW THYSELF – THE UPS & DOWNS

Self-knowledge is the first step needed to drawn into the divine love and divine communication that the Almighty desires for us.

KNOW THYSELF – THE UPS & DOWNS

When we **BECOME AWARE** of the movements in our hearts through **Self-awareness**, we can then move on to understand where we are at:

- either in consolation (under the influence of the Good Spirit)
- in desolation (under the influence of the bad spirit),

DISCERNMENT OF SPIRITS IN THE RULES

UNDERSTAND/IDENTIFY

Where am I on the ride?

We become aware of the ups and downs,
we identify where we are:

CONSOLATION OR DESOLATION.

DISCERNMENT OF SPIRITS IN THE RULES

TAKE ACTION/RESPOND

What can we do in consolation and desolation?

Accept the inspirations of the Good Spirit. Make decisions led by the Holy Spirit.

Reject the inspirations of the bad spirit which can lead us into sin.

TRUE SPIRIT VS FALSE SPIRIT

In our lives there are two forces at play:

The **TRUE/GOOD** spirit &
the **FALSE/BAD** spirit.

The True spirit refers to the Spirit of God and his angels who he sends to guide us.

The False spirit refers to the devil and his minions who try to lead us astray.



BREAK

OVERVIEW OF THE FIRST RULES FOR DISCERNMENT

CAN BE DIVIDED MORE GENERALLY INTO FOUR SECTIONS AS FOLLOWS:

- **Initial conversion:** Understanding the spiritual experiences in one's soul—one who is living in serious sin and who then begins working intensely to overcome sin (**Rule 1–2**).
- **Spiritual Consolation:** What it is and how one should think and act when experiencing it (**Rules 3, 10, 11**).
- **Spiritual Desolation:** What it is, where it comes from, and how one should think and act when experiencing it. (**Rules 4–9, 11**).
- **Tactics of the evil one:** Understanding his methods and how one can overcome his temptations (**Rules 12–14**).

WHERE THE SOUL IS AT

God works differently in a soul depending on where they are at in the the spiritual life as well as the stage,
The bad spirit also works differently in the soul as well.

RULES 1 & 2

One who is living in serious sin and
One who then begins working intensely to overcome sin.

RULE #1

In the persons who go from mortal sin to mortal sin, the enemy proposes to them apparent pleasures, making them imagine sensual delights and pleasures in order to hold them more and make them grow in their vices and sins. In these persons the good spirit uses the opposite method, pricking them and biting their consciences through the process of reason.

RULE #1

WHEN A PERSON IS MOVING AWAY FROM GOD, TO A MORE SELF-INDULGENT LIFE AND LACK OF MORALITY.

- **Bad Spirits:** Will propose apparent pleasures, making the person imagine sensual delights and pleasures in order to enslave them and make them grow in their vices and sins.
- **Good Spirits:** Will prick the person's conscience through the process of reason and moral judgement.

RULE #2

In the persons who are going on **intensely cleansing their sins and rising from good to better** in the service of God our Lord, it is the method contrary to that in the first Rule, for then it is the way of **the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on;** and it is proper to the good (spirit) to give courage and strength, **consolations, tears, inspirations and quiet easing, putting away all obstacles,** that the person may go on in well doing.

RULE #2

WHEN A PERSON IS MOVING TOWARDS GOD:

- **Bad Spirits:** Will provide inspirations to sadness; will draw you to focus on obstacles (potential or real) in order to keep you from making spiritual progress.
- **Good Spirits:** Will provide courage and strength, consolations, inspirations, tears and quiet easing and removing obstacles in order that you may be encouraged in your progress.

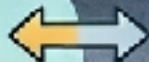
RULE #2

**THE RULES ARE MEANT TO GUIDE US WHO ARE IN
RULE TWO MOVING CLOSER TO GOD, STRIVING TO
DO BETTER, MOVE AWAY FROM SIN AND GROW IN
THE SPIRITUAL LIFE.**

THE UPS & DOWNS OF THE SPIRITUAL LIFE

A JOURNEY BETWEEN CONSOLATION AND DESOLATION

CONSOLATION



DESOLATION



PERIODS OF CONSOLATION

PERIODS OF CONSOLATION

PERIODS OF DESOLATION

PERIODS OF DESOLATION

NAVIGATING THE JOURNEY

GRATITUDE & PRAISE
SHARE THE GIFTS
REMAIN HUMBLE



PERSEVERE IN PRAYER
TRUST IN GOD'S PROMISES
SEEK SPIRITUAL ACCOMPANIMENT
PATIENCE

EMBRACING THE FULLNESS OF FAITH

CONSOLATION & DESOLATION

The ups and downs within the spiritual life are Consolation & Desolation.

They can occur on the **spiritual** and the **non-spiritual level.**

CONSOLATION & DESOLATION

NON-SPIRITUAL DESOLATION & CONSOLATION
CAN OCCUR ON THESE LEVELS

Natural

Human

Psychological

Emotional

NONSPIRITUAL CONSOLATION & DESOLATION

**Non-spiritual Consolation and Desolation
can lead to Spiritual Consolation or
Spiritual Desolation.**

**There are healthy exercises
of non-spiritual consolation that can
draw us into spiritual consolation.**

NONSPIRITUAL CONSOLATION & DESOLATION

A certain amount of healthy non-spiritual consolation can make the spiritual life easier and it can be a real blessing in our spiritual lives.

Often, healthy non-spiritual consolation is the space into which God infuses the gift of spiritual consolation.

NONSPIRITUAL CONSOLATION & DESOLATION

A dark, moody background image featuring a hammer and a chisel, symbolizing destruction or desolation. The hammer is positioned vertically on the right side, and the chisel is positioned horizontally on the left side. The lighting is low, creating a somber and desolate atmosphere.

**BE AWARE of Non-spiritual Desolation
that can lead us into spiritual desolation.**

NONSPIRITUAL CONSOLATION & DESOLATION

If there is too much persistent non-spiritual desolation in our lives this needs to be addressed.

It can occur from a diminishment of physical energy, emotional energy or a mixture of both.

NONSPIRITUAL CONSOLATION & DESOLATION

**Deep emotional and psychological wounds
and vulnerabilities may need help and
need to be addressed.**

NONSPIRITUAL CONSOLATION & DESOLATION

The enemy willingly works in our vulnerabilities on the natural level.

The more we reduce them, the less space the enemy has to work and his task becomes harder.

NONSPIRITUAL CONSOLATION & DESOLATION

“Take care, then, of the body for the love of God, because at many times the body must serve the soul.”

St Theresa of Avila

NONSPIRITUAL CONSOLATION & DESOLATION



In the 14 rules for Discernment of Spirits,
St. Ignatius is talking on the
spiritual level.

CONSOLATION & DESOLATION

SPIRITUAL CONSOLATION:

The state of being under the influence of the good/true spirit.

SPIRITUAL DESOLATION:

The state of being under the influence of the bad/false spirit.

THE FIRST RULES FOR DISCERNMENT

SPIRITUAL CONSOLATION: RULES 2, 3, 10, 11

What it is and how one should think and act when experiencing Spiritual Consolation.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

RULE #3:

I call it consolation when some **interior movement in the soul is caused, through which the soul comes to be inflamed with love of its Creator and Lord;** and when it can love no created thing on the face of the earth in itself, but the Creator of them all.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

RULE #3:

.....Finally, I call consolation every increase of hope, faith and charity, and all interior joy which calls and attracts to heavenly things and to the salvation of one's soul, quieting it and giving it peace in its Creator and Lord.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

RULE #2:

It is characteristic of the good spirit, however, **to give courage and strength, consolations, tears, inspirations and peace.** This He does **by making (spiritual things) easy, by removing all obstacles so that the soul goes forward in doing good.**

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

I AM IN CONSOLATION WHEN I HAVE:

- An increase of hope or faith or love or all three.
- My heart is inflamed with love of God and goodness.
- I feel the closeness of God in my life.
- Interior joy, peace and tranquility in the Lord.
- Shedding of tears and love of God, sorrow for my sin
- A clear attraction to spiritual things.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

FAITH, HOPE AND LOVE

And now these three remain: faith, hope and love.

But the greatest of these is love. 1 Corinthians 13:13

Our spiritual lives may be cluttered with many thoughts and insights, but if they are not increasing my faith, hope and love then we need to examine them.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

THE SENSE OF GOD'S CLOSENESS

When in consolation, the presence of the Lord is close to us.

We feel him in our prayer, when we attend holy mass, sit in adoration and partake in heavenly and spiritual things that bring us closer to him.

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

PEACE AND TRANQUILITY

In consolation there is a peace and tranquility that accompanies it.

The peace of consolation is not a peace “as the world give” John 14:27 it is a state of being when the distractions, agitations & temptations come in my life, I say thy will be done!

CHARACTERISTICS OF CONSOLATION & THE TRUE SPIRIT

SORROW FOR SIN & ATTRACTION TO SPIRITUAL THINGS

When in consolation, although we have sorrow for sin otherwise, it is a deeper form and it can affect us more deeply.

We are also more attracted to heavenly things, like ways to grow in faith, deeper forms of prayer and other ways to grow closer to God and the Trinity.

RULE #3

Spiritual Consolation is an experience of being so on fire with God's love that we feel impelled to praise, love and serve God and help others as best we can. It encourages and facilitates a deep sense of gratitude for God's faithfulness, mercy and companionship.

CONSOLATION

- Directs our focus outside and beyond ourselves
- Lifts our hearts so that we can see the joys and sorrows of other people (live a life of charity and service to God and His people)
- Bonds us more closely to our human community
- Generates new inspiration and ideas
- Restores balance and refreshes our inner vision
- Shows us where God is active in our lives and where God is leading us
- Releases new energy in us



SPIRITUAL DESOLATION – RULES 4-9 & 11

**What it is, where it comes from, and how
one should think and act when
experiencing it.**

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

Rule 4:

I call desolation....**darkness of soul, turmoil of spirit, inclination to what is low and earthly, restlessness rising from many disturbances and temptations** which leads to a **lack of faith, hope, and love**. The soul is **wholly slothful, tepid, sad and separated...**from its Creator and Lord.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

When your heart is discouraged, you have little energy for spiritual things, and God feels far away, you are experiencing spiritual desolation.

It is any movement toward our lower nature and inclinations toward doubt, despair or self-centeredness, caused by the false spirit.

RULE #4 - EXPLAINS DESOLATION

Spiritual Desolation is an experience of the soul in heavy darkness or turmoil. We are assaulted by all sort of doubts. We feel bombarded by temptations and get caught up in self-preoccupations. We are excessively restless and anxious and feel cut off from others.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

I am in desolation when I am empty of:

- Faith, hope and love
- The sense of God being close to me - a decrease in love of God or heavenly things

and when I am filled with some combination of:

- Disquietude (restlessness) and agitation
- Boredom and tepidity
- Fear & worry

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

EMPTY OF FAITH, HOPE & LOVE

Faith - did my actions today give me greater trust in God, in the church, bring me closer to him?

Hope - have the feelings I've been experiencing led to greater optimism and deeper confidence in God's providence or have they left me with fear and doubt?

Love - have my thoughts led to greater love of God and love of neighbor or have they coaxed me into isolation, aggressiveness and secrecy?

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

○ EMPTY OF THE SENSE OF GOD'S CLOSENESS

In desolation we feel not only dryness in prayer.

We can feel that God has abandoned us.

We can even begin to question not just this moment of desolation but our entire relationship with God.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

FULL OF DISQUIETUDE, AGITATION & TEMPTATIONS

In desolation we feel an inner restless, unsettled, negative emotions, a lack of peace

Prayer is difficult in these moments

The false spirit tries to tempt us into doubting God and what he is asking us to do.

He tries to confuse us with doubt and negative thoughts.

Draw us out of the present moment.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

FULL OF BOREDOM & TEPIDITY

The soul is **wholly slothful, tepid, sad and separated**, as it were, from its Creator and Lord.

We feel as if God is far from us, we can become lukewarm & indifferent in our prayer and spiritual activities, we don't feel like praying so we don't.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

FULL OF FEAR & WORRY

Fear is not of God! In scripture we are constantly being told: **BE NOT AFRAID.**

Fear cripples us and is one of the biggest obstacles for us carrying out the will of God.

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

FULL OF FEAR & WORRY

Mary was told be not afraid. Luke 1:30

Joseph was told: be not afraid Matthew. 1:20

The shepherds were told not to be afraid. Luke 2:10

Fear keeps Peter from walking on water....

Fear keeps Nicodemus from following Jesus in the light of day...

Fear leads the apostles to abandoning Jesus....

CHARACTERISTICS OF DESOLATION & THE FALSE SPIRIT

Not all fear is bad, we must have a healthy fear of God:
one of the fruits of the spirits

A healthy fear leads us to do things like look out doors at night and not go into dangerous situations

We must **never** let fear be the driver of the bus.

God can call us into situations that are unknown and frightening, but we can choose to act boldly in Christ and God will take care of us and the situation he calls us to.

DESOLATION

- Turns us in on ourselves - self-centeredness
- Drives us down the spiral ever deeper into our own negative feelings
- Cuts us off from community
- Makes us want to give up on the things that used to be important to us, particularly spiritual things
- Can take over our whole consciousness and crowds out our vision towards God and spiritual things
- Covers up all our landmarks - the signs of our journey with God so far
- Drains us of energy, make us lethargic and slothful

CHARACTERISTICS OF CONSOLATION & DESOLATION

The characteristics of desolation are generally opposite to the characteristics of consolation.

In desolation the soul is lacking faith, hope and love...
in consolation there is an abundance of these virtues.

If there is fear in desolation...then courage is usually present when we are in consolation.

DESOLATION AND CONSOLATION

I am in desolation when I am empty of:

- Faith, hope and love
- The sense of God's presence

And full of some combination of

- disquietude and agitation
- Boredom and tepidity
- Fear and worry

I am in consolation when I have:

- Faith, hope and love
- The sense of God's closeness
- Peace and tranquillity
- Interior joy

RESPONDING TO DESOLATION & CONSOLATION

To respond to desolation and consolation we go back to what Fr. Timothy proposed:

- We first need to **be aware** of what is happening: the movements of the heart,
- We then need to **understand** based on identifying: the true and false spirit, consolation and desolation.
- Now it is time to respond and **take action - (accept or reject)**

HOW TO RESPOND TO CONSOLATION: RULES #10 & #11

Rules 10 and 11 provide some practical suggestions regarding what you may term **“thinking exercises”** when you are experiencing spiritual consolation.

RESPONDING TO CONSOLATION

In consolation we praise God. We thank him for his goodness and what he has done for us. Unlike desolation, when in consolation, things are easier and we can move to the flow of the Holy Spirit, because we feel the presence of God more closely.

RESPONDING TO CONSOLATION

○ However, there is such a thing as false consolation when the devil tempts us with spiritual things that feel good, but are not always according to the will of God,

THE DEVIL CAN TEMPT US WITH GOOD THINGS

RULE #10

The tenth rule: Let him who is in consolation think how he will be in the desolation which will come after, at some point, taking new strength for when it comes.

When you are in spiritual consolation, remember that desolation will return at some point, and prepare for it.

RULE #10 – WAYS TO TAKE NEW STRENGTH

- **Prayer of Petition. Pray and ask for strength in future spiritual desolation.**
- **Review the 14 Rules for Discernment of Spirits**
- **Plan for specific situations of spiritual desolation.**

RULE #11

Let him who is consoled see to **humbling himself and lowering himself as much as he can, thinking how little he is able in the time of desolation without such grace or consolation.....**

When you are in spiritual consolation, remember that desolation will return at some point, and prepare for it.

RULE #11

The mature person of discernment is neither carelessly high in consolation nor despairingly low in desolation, but humble in consolation and trusting in desolation.

HOW CAN HUMILITY HELP US DEAL WITH THE EBB AND FLOW OF CONSOLATION AND DESOLATION?

RULE #11

- Humility and surrender to the will of God in every moment is one of the greatest weapons at our disposal.
- It is rooted in TRUST in God.
- Jesus asked St. Faustina to paint the image with the signature JESUS, I TRUST IN YOU



SPIRITUAL DESOLATION - RULES 4-9 & 11

**What it is, where it comes from, and how
one should think and act when
experiencing it.**



**WE MUST REMEMBER:
GOD GIVES SPIRITUAL CONSOLATIONS,
BUT HE ALLOWS SPIRITUAL DESOLATION.**



RULE #9

**WHY DOES A GOD WHO LOVES US ALLOW US TO
EXPERIENCE SPIRITUAL DESOLATION?**

RULE #9

To help us see changes we need to make, to strengthen us in our resistance to desolation, To keep us on our guard, to stay awake and not fall in to complacency in the spiritual life or to trust in ourselves.

RULE #9

To reveal to us and help us see changes we need to make where we are offending God.

To strengthen us, to keep us on our guard, so that we stay awake and not fall in to complacency in the spiritual life or to trust in ourselves.

RULE #9

The ninth: There are three principal reasons why we find ourselves desolate.

For each of the reasons there is a fruit for our spiritual life found in each of them.

THE THREE CAUSES OF SPIRITUAL DESOLATION

The first is, because of **our being tepid, lazy or negligent in our spiritual exercises; and so through our faults, spiritual consolation withdraws from us.**

Because of our free will we sin and as such consolation withdraws from us.

THE THREE CAUSES OF SPIRITUAL DESOLATION

God's Reason

1. Our Faults

Fruit

Conversion

THE THREE CAUSES OF SPIRITUAL DESOLATION

The second, to try (test) us and see...how much we give of ourselves in service and praise to God without such great payment of consolation and great graces.

Trials are how God can tests us and build us up, draw us closer to Him and make us stronger in the faith.

THE THREE CAUSES OF SPIRITUAL DESOLATION

God permits desolation as a trial to help us learn and grow.

Without spiritual desolation, we would remain spiritual children.

We can remain stagnant and not grow in the spiritual life.

THE THREE CAUSES OF SPIRITUAL DESOLATION

God's Reason

1. Our Faults
2. A Trial

Fruit

Conversion
Learning

THE THREE CAUSES OF SPIRITUAL DESOLATION

The third, to give us true acquaintance and knowledge, that we may interiorly feel that consolation is not ours to get or keep, great devotion, intense love, tears, or any other spiritual consolation, but that all is the gift and grace of God our Lord, and that we may not build a nest in a thing not ours, raising our intellect into some pride or vainglory, attributing to us devotion or the other things of the spiritual consolation.

THE THREE CAUSES OF SPIRITUAL DESOLATION

Through spiritual desolation we learn that spiritual consolation is a gift from God. It helps us to grow in humility which is essential in the spiritual life and necessary for spiritual growth.

THE THREE CAUSES OF SPIRITUAL DESOLATION

When consolation is taken from you,
do not become sluggish and disinterested in your
usual tasks and occupations.

Keep up your prayers and good works. Humbly accept
my Will and patiently go on with your daily activities.
The grace of consolation and enthusiasm will return
in due time.

(My Daily Bread Chapter 76)

THE THREE CAUSES OF SPIRITUAL DESOLATION

God's Reason

1. Our Faults
2. A Trial
3. Consolation is a Gift & grace

Fruit

Conversion
Learning
Humility

WHY DOES A GOD WHO LOVES US ALLOW US TO EXPERIENCE SPIRITUAL DESOLATION?

These interior changes from consolation to desolation, from joy to sadness, from light to darkness, are not an unusual experience.

All of My faithful followers have passed through them. By their steadiness of purpose they proved that they really loved Me more than they loved My gifts.

RULE #9

GOD'S REASONS.....

**It brings healing from areas of regression -
Conversion**

**Allow us to grow in the spiritual and interior life -
Learning/Growth**

**Helps us avoid the potential pitfall of
complacency in the spiritual life - Humility**

DESOLATION

The devil and his minions never sleep, he is always plotting against our well-being and happiness in God.

God permits encounters with the enemy in this way so that we can learn who and what we are dealing with.

A dark, moody background featuring a leather-bound book and a wooden-handled axe. The book is positioned horizontally, and the axe is placed diagonally across it. The lighting is low, highlighting the textures of the leather and wood.

LUNCH BREAK



SPIRITUAL DESOLATION

RULES 5, 6, 7, 8, 11

Saint Ignatius offers four/five rules to guide your thinking during the experiences of spiritual desolation.

RULE #5

In time of desolation **never make a change**; but to **be firm** and constant **in the resolutions** and determination in which one was the day preceding such desolation, or in the determination in which he was in the preceding consolation. Because, **as in consolation it is rather the good spirit who guides and counsels us, so in desolation it is the bad, with whose counsels we cannot take a course to decide rightly.**

RULE #5

The most important decision I can make in
desolation -

DO NOT MAKE A CHANGE.

When in desolation, don't change
commitments made while in consolation.

RESPONDING TO DESOLATION

In the rules, St. Ignatius gave us some tips on what we should do in desolation.

- We must not make changes or decisions in our spiritual life that was made in consolation when in desolation
- Rely on your support network. Seek spiritual advisors to help you in desolation.

RESPONDING TO DESOLATION

BE AWARE OF THE FALSE “ANGEL OF LIGHT”

The devil tempts us with good things
He can appear and an angel of light to
confuse us and lead us astray

RESPONDING TO DESOLATION

Demons can produce visions and false ecstasies....St. Thomas states that “a demon can work on man’s imagination and even on his corporeal senses, so that something seems other than it is.”

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1) (p. 17). Kindle Edition.

RULE #6

Although in desolation we ought **not to change our first resolutions**, it is very helpful intensely to **change ourselves against the same desolation**, as by insisting more on **prayer, meditation, on much examination**, and by giving ourselves more scope in some **suitable way of doing penance**.

RULE #6

When you are in spiritual desolation, use these four means:

- **prayer** (pray, ask God's help!),
- **meditation** (think of Bible verses, truths about God's faithful love, memories of God's fidelity to you in the past),
- **examination** (ask: What am I feeling? How did this start?), and
- **suitable penance** (don't just give in and don't immerse yourself in social media, music, movies, and so forth).

STAND YOUR GROUND IN SUITABLE WAYS!

RULE #6

CHANGES I SHOULD MAKE IN DESOLATION?

A simple breakdown: When desolation sets in, we must redouble our efforts to do what we committed to when in consolation. We do this by:

- Changing ourselves intensely against the desolation**
- Insisting on more prayer and meditation**
- Pursuing much examination**
- Doing penance, small acts of courage.**

RULE #6

Some ways of penance:

Instead of diversion, which can extend the desolation, do small acts of courage.

These can break you out of the desolation and isolation. It doesn't matter how small the gesture is.

RESPONDING TO DESOLATION

“After you have made a decision that is pleasing to God, the devil may try to make you have second thoughts. Intensify your prayer time, meditation, and good deeds. For if Satan’s temptations merely cause you to increase your efforts to grow in holiness, he’ll have an incentive to leave you alone.”

St. Ignatius

RULE #7

The seventh: Let him who is in desolation consider how the Lord has left him in trial in his natural powers, in order to resist the different agitations and temptations of the enemy...

RULE #7

When you are in spiritual desolation, think of this truth: God is giving me all the grace I need to get safely through this desolation.

RULE #7

**HOW CAN I ADJUST MY THINKING WHILE IN
DESOLATION TO BETTER OVERCOME IT?**

**Constantly turn our thoughts to God and
heavenly things.**

**In desolation we need an outpouring of
God's grace.**

RULE #7

Renounce the lies of the enemy.

When in desolation the enemy tries to convince us to make changes and try to lure us into sin and old habits.

A good way to respond is by renouncing those lies and asking Jesus to fill us and affirm us in truth.

RULE #7

In the Name of Jesus Christ, I reject,
renounce, and rebuke the spirit of

_____ (anger, fear, sorrow, revenge, etc.)

and I command it to leave me and to go to
the foot of the Cross of Our Lord Jesus
Christ to receive His sentence.

RULE THE SEVENTH
DESOLATION – GENERAL RENUNCIATION

RENUNCIATION In the name of JESUS:	AFFIRMATION In the name of JESUS:
I renounce all doubt	Fill me with the faith of Mary
I renounce all despair	Fill me with the hope of Mary
I renounce all narcissism	Fill me with the love of Mary
I renounce all that is not of You Lord	Fill me with all that is of You Lord

RULE #7

EACH TIME WE RESIST THE DESOLATION WE:

**Avoid the harm of the desolation &
We grow in our ability to resist the
desolation.**

RULE #7

**WONDERFUL GROWTH COMES THROUGH
SPIRITUAL CONSOLATIONS, BUT IMPORTANT
GROWTH ALSO COMES THROUGH RESISTING
SPIRITUAL DESOLATION.**

RULE #8

Let him who is in desolation labor **to be in patience**, which is contrary to the vexations which come to him: and let him think that he will soon be consoled, employing against the desolation the devices, as is said in the sixth Rule.

RULE #8

When you are in spiritual desolation, be patient, stay the course, and remember that consolation will return much sooner than the desolation is telling you.

RULE #8

HOW CAN I BETTER PERSEVERE WHEN IN DESOLATION?

- Fight to be patient no matter how we feel. This takes some effort.
- We need to fight the negative thoughts and affirm ourselves.
- We must tell ourselves that we will emerge out of it. God has not abandoned us.
- Use scripture and the word of God to affirm ourselves in Christ.
- Use the instructions of RULE 6.



TACTICS OF THE EVIL ONE: RULES 12, 13 & 14

**Understanding his methods and how one
can overcome his temptations**

The ORDINARY work of the Devil



**ORDINARY WORK OF THE DEVIL &
DISCERNMENT OF SPIRITS**

**DECEPTION
DIVISION
DIVERSION
DISCOURAGEMENT**

Each of these is a tactic of the enemy that can found within the rules

TACTICS OF THE EVIL ONE: RULES 12, 13 & 14

- **TEMPTATION** - the enemy tries to tempt us with **discouragement** regarding our ability to follow God or to live the Faith and **deceive** us with lies about who we are and who God is.
- Fill us with worries or fear about the things of the world and the flesh: pleasure, money, control, prestige, ambition, work, or anything in life that might be a source of anxiety and that draws us into **desolation, isolation** and away from God and community.

TACTICS OF THE EVIL ONE: RULES 12, 13 & 14

- Tempt you with **distraction** from spiritual disciplines.
- Inordinate focus on the sins of others and a corresponding decrease in your charity for others which causes **division**.



RULE #12 – TACTIC – TEMPTATION

Resist the enemy's temptations right at their very beginning. This is when it is easiest.

.....it is the way of the enemy to weaken and lose heart, his temptations taking flight, when the person who is exercising himself in spiritual things opposes a bold front against the temptations of the enemy, doing the complete opposite.

RULE #12

And on the contrary, if the person who is exercising himself commences to have fear and lose heart in suffering the temptations, there is no beast so wild on the face of the earth as the enemy of human nature in following out his damnable intention with great malice.

RULE #12

The enemy is a deceiver.

He uses temptations to deceive us and cause us to sin.

Resist the enemy's temptations right at their very beginning.

**THIS IS WHEN IT IS EASIEST.
NEVER FLIRT WITH TEMPTATION!**

RULE #12

**Do not bargain with any temptation; lock
yourself immediately in My Heart and, at
the first opportunity**

Diary 1760

RULE #12

“Demons tempt us by infusing thoughts into our minds. In other words, a demon introduces into our reason, memory, and imagination intellectual objects proper to our understanding that cannot be distinguished from our own thoughts.”

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1) (p. 35). Kindle Edition.

RULE #12

The devil offers a promise and (again deceptively) lightens the evil that he offers as a temptation. The promise is simply that the evil will not be known.

The promise is false, and the statement of lightening of the sin is also false.

RULE #12

THIS IS HOW THE ENEMY WORKS:

- The enemy tries to move with aggression. Like a man fighting with a woman. He tries to overcome her with his aggression that she cowers.

RULE #12

THIS IS HOW WE RESPOND:

- **We face him with strength, resistance and he will back down and flee.**
- **RESIST THE TEMPTATION!**

RULE #12

HOW WE CAN FAIL:

- When we show weakness or turn and run, the anger and ferocity of the enemy grows and his influence and impact on us can grow too.
- If we give in to temptation once, the enemy knows the weak point and where he can attack us again.

RULE #12

- When we give in to temptation and commit sin we separate cause a division between us and God, and sometimes even our family and friends.
- It can also cause us to divert from God and the path that God has called us to according to His perfect will.

RULE #12

**THE WEAPON IN RULE 12 IS
PRAYER AND CONFESSION!**

**Prayer for strength against the temptation
and confession when we have fallen
into sin.**

RULE #13

Likewise, he acts as a licentious lover in wanting to be secret and not revealed.... (because) when the enemy of human nature brings his wiles and persuasions to the just soul, he wants and desires that they be received and kept in secret; but when one reveals them to his good Confessor or to another spiritual person that knows his deceits and evil ends, it is very grievous to him,

RULE #13

When you find burdens on your heart in your spiritual life, temptations, confusion, discouragement, find a wise, competent spiritual person, and talk about it.

It also takes humility to reveal yourself to someone, and humility is something the enemy hates.

RULE #13

DON'T KEEP IT IN!

The more you keep things to yourself and internalize, you give the enemy a foothold that he can use to overcome you and cause division.

Jesus said: In desolation, darkness and various doubts, have recourse to Me and to your spiritual director.

Diary 1760

RULE #13

The enemy, seeks through every possible means, to divide: through manipulation of how we perceive others, through the lie stating that others may have bad motives toward us, and through temptation to sinful behaviors that result in our isolation from other people.

In the end, the demons seek to create wounds.

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1) (p. 13). Kindle Edition.

RULE #14

HOW TO STRENGTHEN YOURSELF AGAINST SPIRITUAL ATTACK!

Likewise, he behaves as a leader intent on conquering and robbing/stealing what he desires: for, as a captain and leader of the army, pitching his camp, and looking at the forces or defenses of a stronghold, attacks it on the weakest side, in like manner the enemy of human nature, roaming about, looks in turn at all our virtues, theological, cardinal and moral; and where he finds us weakest and most in need for our eternal salvation, there he attacks us and aims at taking us.

RULE #14

Just like a captain will pitch camp before he attacks his enemy, so too is the devil pitching camp and waiting for the right moment to attack us.

RULE #14

The devil tempts us both in our natural dimension, that is, in our interior wounds and weaknesses, and through the various occasions of sin that present themselves to us. Temptation is dangerous because it is difficult to uncover in the folds of our thoughts, words, works, and omissions.

RULE #14

The Demons will, for their purpose, orchestrate external events in a person's life in order to bring harm upon that person, thus creating a wound, through which the demons can get a better hold on the person. In this wound, and through this hold, the demon gains power over them. This is why healing of the soul is important for spiritual growth.

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1) (p. 14). Kindle Edition.

RULE #14

Identify that area of your life where you are most vulnerable to the enemy's temptations and discouraging lies, and strengthen it.

RULE #14

These vulnerabilities are not only sin, but within our memories, wounds and also open doors where we have given the enemy consent by our choices.

RULE #14 – STRENGTHEN THE WEAK POINT!

THESE AREAS & OPEN DOORS CAN INCLUDE:

Unforgiveness & Past Hurts

Unholy Soul Ties

Engaging in New Age & Occult practices

Root Sins - The repeating sins you may be struggling with and the root of the sin

Generational Sin

UNFORGIVENESS & PAST HURTS

Unforgiveness is very common upon persons serving the Lord. Often they aren't aware of how unforgiveness has a hold on their lives. Many times it is accompanied by hate, resentment, revenge, anger and bitterness.

Unforgiveness presents psychological and emotional wounds by which the demon can induce emotions of unholy shame and fear in you.

UNFORGIVENESS & PAST HURTS

Demons observe and study us but cannot see or read our thoughts.

They build their attack around our weaknesses and wounds, by observing us and how we react in certain situations and around certain persons.

UNFORGIVENESS & PAST HURTS

Someone complimenting you might, for example, use a word or phrase that triggers a negative memory. This will then be used by the demons to make you think the other person's intentions are the complete opposite of what they actually are.

UNFORGIVENESS & PAST HURTS

We must also be careful how we speak, heeding the warning of St. Francis de Sales, who says,
“Even if we do mean no harm, the Evil One means a great deal, and he will use those idle words as a sharp weapon against some neighbour’s heart.”

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know
(Slaying Dragons Series Book 1)

FOUR STAGES OF FORGIVENESS

1. Recognize the problem & be angry.
2. Do something to diminish your hurt. (This may involve trying to see things from the other person's perspective.)
3. Recall how good it felt to forgive in the past.
4. Make a serious effort not to let yourself be offended by things.

Overcoming Sinful Anger

UNHOLY SOUL TIES

Soul ties refer to spiritual connections or bonds between individuals, often associated with emotional, physical, or sexual relationships.

It can involve connections with family members, friends, co-workers, romantic partners, and even pets

UNHOLY SOUL TIES

a soul tie as an “emotional or spiritual cording ... an inexplicable, powerful emotional bond to another person.”

Schneider, Daniel R.. *The Liber Christo Method: A Field Manual for Spiritual Combat* (p. 75). TAN Books. Kindle Edition.

UNHOLY SOUL TIES

It is a spiritual bond between two individuals, normally as a result of a mutual sin committed together or the sin of one committed against the other.

Sexual sins, abortion, criminal activity, and other violations of the moral teachings of the Church have the opposite effect of holy bonds.

Schneider, Daniel R.. *The Liber Christo Method: A Field Manual for Spiritual Combat* (pp. 75-76). TAN Books. Kindle Edition.

UNHOLY SOUL TIES

Soul ties resemble a kind of spiritual umbilical cord that connects one person to another in the spiritual realm.

When these relationships are ungodly, such as those forged in sexual sin (adultery/premarital sex), or for purposes of control, manipulation or domination (controlling parents, friends, bosses, etc.) they can have a toxic affect on our life in Christ.

UNHOLY SOUL TIES



For this reason, soul ties should be properly severed in order for a person to free themselves from any spiritual bondage.

SIGNS THAT YOU MAY BE IN AN UNHEALTHY SOUL-TIE RELATIONSHIP

- **Feeling anxious when away from the other person**
- **Becoming overly dependent on the other person for emotional support**
- **Having difficulty making decisions w/o their input**
- **Feeling jealous or possessive of the other person**
- **Struggling to define your identity without them**
- **Experiencing a sense of emptiness when away from them**
- **Feeling drained or exhausted after interacting with them**

HOW TO COUNTERACT?

CONFESSION & PRAYER TO BREAK SOUL TIES

Confess the sin - eg. Fornication etc.

Say prayer to break ties with the person(s) involved.

DABBING IN THE OCCULT & NEW AGE

It is easy to get caught in the New Age and Occult. Some of the subtle ways include:

Superstitions & Charms,

Horoscopes & Palm Reading,

Yoga and other Eastern Meditation Practices

Law of Attraction/Manifesting

Crystals, Cosmic Energy, Sage Smudging etc.

WARNING: DANGERS OF NEW AGE & OCCULT PRACTICES

A CHART OF SPIRITUAL CAUTION

HOROSCOPES



- Dependency on fate, false guidance, misaligned worship

NUMEROLOGY



- Superstition, seeking hidden knowledge, belief in number power

ANGEL NUMBERS



- Deceptive spirits, false messages, seeking signs over scripture

PSYCHICS



- False prophecy, demonic influence, seeking knowledge without God

PALM READING



- Divination, fatalistic view, seeking future through occult means

TAROT CARDS



- Communication with spirits, seeking hidden knowledge, ritualistic

MEDIUMS



- Necromancy, contact with deception, serious spiritual vulnerability

SPIRIT GUIDES



- Deceptive spirits, following unfamiliar entities, loss of spiritual autonomy

EVIL EYE



- Reliance on objects for protection, superstition, belief in curses

YOGA



- Spiritual opening to other systems, eastern philosophies, potential attachment

CRYSTALS



- Idolatry of objects, reliance on energy healing, New Age spirituality

ENNEAGRAM



- Personality typing with esoteric roots, focusing on self, deterministic thinking

SAGE SMUDGING



- Ritualistic cleansing without faith, spiritual deception, borrowing practices

REINCARNATION



- Denial of final judgment, false hope of future lives, focus on self-evolution

MANIFESTING



- Playing creator, self-focused desires, demanding from the universe

REIKI & TAI CHI



- Energy channeling, spiritual opening, vulnerability to influence

CHAKRAS



- Opening to spiritual points, blending Eastern concepts, seeking self-mastery

FREEMASONRY



- Secret oaths and rituals, religious syncretism, focus on self-elevation, hidden beliefs

ARE YOU PRACTICING OCCULT & NEW AGE? AND DON'T EVEN KNOW IT...

HOROSCOPES

NUMEROLOGY

ANGEL NUMBERS

PSYCHICS

PALM READING

TAROT CARDS

MEDIUMS

SPIRIT GUIDES

EVIL EYE

YOGA

CRYSTALS

ENNEAGRAM

SAGE SMUDGING

REINCARNATION

MANIFESTING

REIKI & TAI CHI

CHAKRAS

FREEMASONRY

DABBING IN THE OCCULT & NEW AGE

If it comes from bad fruit,
it will bear bad fruit.

Even if the fruit looks good on the
exterior, if it comes from a bad tree the
fruit isn't good.

DABBING IN THE OCCULT & NEW AGE

“Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. You will know them by their fruits.

In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire.

Thus you will know them by their fruits.

(Matt. 7:15–20.)

DABBING IN THE OCCULT & NEW AGE

Everything about the 'New Age' essentially recapitulates the temptation in the Garden of Eden.

The devil lies and says:

**With this secret knowledge,
you can be like God!**

HOW TO COUNTERACT?

CONFESS & RENOUNCE!

Confess the sin - Idolatry/Golden Calf
Renounce the particular activity - Palm reading etc.

DABBLING IN THE OCCULT & NEW AGE

Everything about the 'New Age' essentially recapitulates the temptation in the Garden of Eden.

The devil lies and says:

**With this secret knowledge,
you can be like God!**

ROOT SIN

Ask yourself:

**WHAT IS THE ROOT OF THE SIN
I AM STRUGGLING WITH?**

This can help you identify where you need to strengthen yourself against temptation from the enemy.

THE SEVEN DEADLY SINS

A GUIDE TO VICE

1. PRIDE

EXCESSIVE BELIEF IN ONE'S OWN ABILITIES, LEADING TO ARROGANCE.



2. GREED

THE INORDINATE DESIRE TO POSSESS MATERIAL WEALTH OR GAIN.



3. LUST

INTENSE AND UNCONTROLLABLE SEXUAL DESIRE OR LONGING.



4. ENVY

JEALOUSY OR RESENTMENT OF OTHERS' POSSESSIONS, STATUS, OR SUCCESS.



5. GLUTTONY

OVERINDULGENCE AND OVERCONSUMPTION OF FOOD, DRINK, OR WEALTH.



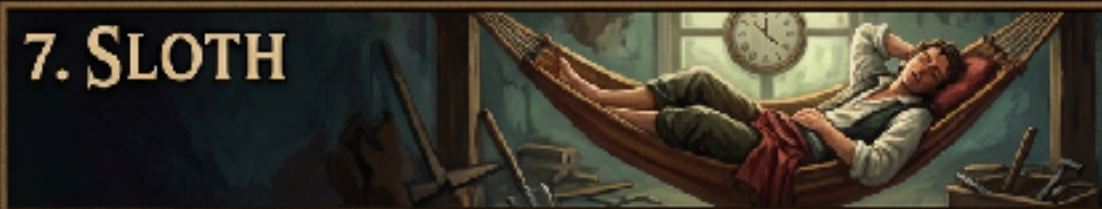
6. WRATH

UNCONTROLLED ANGER, HATRED, AND RAGE, LEADING TO VIOLENCE.



7. SLOTH

HABITUAL LAZINESS OR APATHY, LEADING TO NEGLECT OF DUTY OR PHYSICAL EXERTION.



KNOW THYSELF

RULE #14

The enemy usually attacks you at your weakest point.

If you identify that sin you struggle with, or a weakness you have you can strengthen yourself against temptation.

RULE #14

There is much intelligence within the demons and they know our weaknesses well. It is our task to wage war against them and realize that they will not stop seeking our ruin until our souls have departed for Judgment.

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1)

RULE #14

Demons cannot read our thoughts, “he can only surmise it through observing our behavior. It is not a complicated operation for him, having an extremely fine intelligence.” A demon can decide how to tempt us by observing “what we read, see, say, and experience, and from the companions we choose, even from our glances – from all this he can discern where he will tempt us and at which particular moment.

Fraune, Charles D.. *Slaying Dragons: What Exorcists See & What We Should Know*
(Slaying Dragons Series Book 1)

RULE #14

Unchecked, the demon even finds
his own nourishment in your
interior defects.

RULE #14

Demons can also block your memories and your ability to remember certain things. This prevents you from remembering the sin that was at the start of all your problems, and which is at the root of the more prominent sins with which you are currently struggling. If the demons can block your memory of that sin, they can also keep you from renouncing that sin, which would help break the hold it has on your life.

Fraune, Charles D.. *Slaying Dragons: What Exorcists See & What We Should Know* (Slaying Dragons Series Book 1)

SINS FROM GLUTTONY

Sins that stem from gluttony include drunkenness, talkativeness, coarse language, blindness of spirit, hardness of heart, attachment to the present life even to the loss of hope of eternal life, and to love of self even to hatred of God, and to final impenitence.

SINS FROM LUST

Filled with lust, a person selfishly seeks to satisfy his sexual desire. Sins stemming from lust include dwelling on impure thoughts, masturbation, fornication, adultery, pornography, hatred of God, lack of self-control, blindness of mind, affection for the world, instability, love of oneself, and petulance.

SINS FROM SLOTH

Sins from sloth include cowardice, not doing good deeds, indifference, error in faith, sadness, desperation, wandering mind, lukewarmness toward divine precepts, drifting to what is forbidden and frequenting the occasion of sin, faintheartedness and despair of salvation. Sloth is gravely sinful when one gives up attending Mass.

SINS FROM AVARICE

Sins that stem from avarice include theft, fraud, usury, perjury, treason, rapine, and simony. A person, motivated by greed, is preoccupied with having more and attaches such value to wealth and possessions that the accumulation and retention of them become the major goal of life, and take priority over everyone and everything else.

SINS FROM VANITY

Vain glory or vanity engenders disobedience, boasting (the habit of speaking of self to gain esteem), ostentation, hypocrisy, contention through rivalry, discord, love of novelties, presumption, bragging, singularity, obstinacy, and stubbornness. It is a vice that may lead to most lamentable falls and apostasy.

SINS FROM ENVY

Envy engenders evil deeds, resentment of the prosperity of others, pleasure in the suffering of others, conniving, backbiting, slander, homicide, detraction, calumny, hatred, gossip, and resentment against one's neighbor. The envious person takes joy in and even relishes in the setbacks or adversity that a person faces.

SINS FROM ANGER

The sins that result from anger are indignation, yelling, blasphemy, assault, bombast, rage, hatred, mental disturbance, abuse and quarrels. Anger also causes treason, murder, war, and division in families.

GLUTTONY

The inordinate desire for food & drink. Gluttony paves the way to chastity. The remedy is to know pleasure is not an end. We should eat to glorify God (1 Cor 10:31). One should leave the table not completely full and mortify oneself at every meal. Alcoholic drinks are to be taken in moderation as well.

LUST

The inordinate desire for sexual pleasure. Exterior & interior acts of lust are prohibited by God. The remedies to lust are to remember that these sins lead to eternal punishment, that our bodies are temples of the Holy Spirit and members of the body of Christ, avoiding occasions of lust, avoid being idle, and prayer and the sacraments.

SLOTH

The inordinate desire to escape exertion and effort. Sloth can be physical, spiritual, or intellectual. Sin is grievous when duty is neglected. A slothful life is a barren life with no fruit & can lead to damnation. The remedy is to form strong convictions about work as taught in the parable of the fig tree. One must make a strong effort to train the will.

AVARICE

The inordinate love of earthly goods. This fault shows itself in middle to old age. Avarice is a sign of mistrust in God. The remedy is the profound conviction that wealth is a means and not an end. Riches pass away with time. The most effective way is to invest our wealth in the bank of Heaven by almsgiving.

VANITY

The inordinate love for the esteem of others. The disorder consists in (1) wanting esteem for its own sake without reference to God, (2) wanting to be esteemed for vain things, undeserving of praise, or (3) in seeking the esteem of those whose judgment is worthless, such as worldlings. The remedy is the same as the remedies to pride.

ENVY

The tendency to be sad at another's good because it is an affront to our own superiority. Envy is a mortal sin because it opposes the virtue of charity. It often stirs within us feelings of hatred, sows discord and disturbs our peace of soul. The remedy is to crush these feelings, distract the mind, & rejoice that good qualities glorify God.

ANGER

The inordinate desire to violently oppose what displeases us. Anger can be lawful but anger as a vice is an inordinate desire to punish others. Unjust anger that goes so far as hatred is a mortal sin. The remedy to anger is reflect before acting, divert the mind, banish all suspicion & thought of past injuries, and invoke God's help.

Thus the struggle against the seven capital sins uproots the disordered tendencies of the three-fold concupiscence from our fallen nature. These tendencies will always remain but they will prove less dangerous and aided by God's grace we shall overcome them more easily.

THE SEVEN CAPITAL SINS

The capital sins of pride, sloth, envy, anger, avarice, gluttony, and lust are not the gravest sins of all; they are less grave than heresy, apostasy, despair, and hatred of God. But the capital sins are those toward which we are first of all inclined and which lead to a separation from God and to still graver sins. Man does not reach complete perversity all of a sudden; he is led to it progressively, by a gradual descent to evil. The capital sins are so called because they are like the head or the principle of many others. We are, first of all, inclined toward them, and by them in turn toward sins that are often more serious. These capital vices, especially spiritual sloth, envy, and anger, engender a wicked sadness that weighs down the soul; they are quite the opposite of spiritual peace and joy, which are the fruits of charity.

The great remedy against pride is acknowledging that God is the author of all good and to Him alone belongs all glory. Of ourselves we are nothing; we came from nothing and we tend to nothing. We can do nothing in the natural or supernatural order without God.

The Seven Capital Vices And Their 44 Death Dealing Daughters

Sloth	Envy	Avarice	Vainglory	Gluttony	Lust	Wrath
Malice	Hatred	Treachery	Disobedience	Unseemly joy	Blindness of mind	Quarrelling
Spite	Tale-bearing	Fraud	Boastfulness	Scurrility	Thoughtlessness	Swelling of the mind
Faintheartedness	Detraction	Falsehood	Hypocrisy	Uncleanliness	Inconstancy	Contumely
Despair	Joy at another's misfortune	Perjury	Contention	Loquaciousness	Rashness	Clamor
Sluggishness about the Commandments	Grief at another's prosperity	Restlessness	Obstinacy	Dullness of mind	Self-love	Indignation
Wandering of mind after unlawful things		Violence	Discord		Hatred of God	Blasphemy
		Insensitivity to mercy	Eccentricity		Love of the world	
					Abhorrence and despair of a future world	

RULE #14

Demons can also block your memories and your ability to remember certain things. This prevents you from remembering the sin that was at the start of all your problems, and which is at the root of the more prominent sins with which you are currently struggling. If the demons can block your memory of that sin, they can also keep you from renouncing that sin, which would help break the hold it has on your life.

Fraune, Charles D.. *Slaying Dragons: What Exorcists See & What We Should Know* (Slaying Dragons Series Book 1)

RULE #14

Our Root Sin can also fall within one of the following three:

Pride

Vanity

Sensuality

RULE #14

ROOT SIN EVALUATION WARM-UP QUESTIONS

- To what do my thoughts naturally tend? What are the preoccupations of my heart? What keeps me up at night?
- Where do my thoughts and desires spontaneously take me when I am alone or without distractions?
- What is generally the cause or source of my sadness, my anxiety, my frustration, my lack of peace, my joy, or my pleasure?

RULE #14

- When I have knowingly sinned or disobeyed God, what was the sin or what was my motivation to sin?
- What are the patterns of sins that show up regularly in confession? Is there a sin or an issue that I regularly bring up in confession?
- If and when I have resisted or avoided God in anyway, how have I done so? What was at the bottom of my motivation? Why did I do it?
- What temporal benefit did I gain from the resistance or avoidance?

7 STEPS TOWARD CONQUERING THE 7 DEADLY SINS

1. Examination of conscience
2. Embracing the sacraments
3. Watching the steps of our movements toward sin
4. Practicing prayer
5. Cultivating virtue
6. Immersion in the world of the spirit
7. Imitation of Christ

The Seven Capital Sins

AND THEIR COUNTERACTING VIRTUES



PRIDE
(Superbia)

1

HUMILITY
(Humilitas)



GREED
(Avaritia)

2

GENEROSITY
(Caritas)



LUST
(Luxuria)

3

CHASTITY
(Castitas)



ENVY
(Invidia)

4

KINDNESS
(Benevolentia)



GLUTTONY
(Gula)

5

TEMPERANCE
(Temperantia)



WRATH
(Ira)

6

PATIENCE
(Patientia)



SLOTH
(Acedia)

7

DILIGENCE
(Industria)



RULE #14

SOME QUESTIONS TO ASK YOURSELF IN RULE 14

- Is there some situation that frequently discourages me? That frequently strips me of spiritual energy?
- Are there circumstances in which I often become afraid?
- Are there circumstances in which I become worn out and feel spiritually helpless?
- Does one thing seem to diminish most of my energy to love and serve others?
- Is there something that causes me to doubt God's love for me?

WEAPONS IN DISCERNMENT & LIVING A DISCERNING LIFE

Elements that help in our discernment and put us on the path to living a discerning life:

- An authentic Yes to God & a spirit of Detachment
- Creating a Rule of Life
- Daily Mental Prayer & The Examen Prayer
- Frequent use of the Sacraments:
 - Holy Mass & Confession
- Eucharistic Adoration

WEAPONS IN DISCERNMENT & LIVING A DISCERNING LIFE

- Trust & Surrender to the Will of God
- Use of Sacramentals
- Spiritual Reading
- Prayer & Fasting
- Daily making an effort to turn away from sin and turn to God

WEAPONS IN DISCERNMENT & LIVING A DISCERNING LIFE

AN AUTHENTIC YES TO GOD

**We must not only say yes with our mouths
but also our hearts.**

**We have to be detached to doing our own
will and surrender to doing God's will.**

DISPOSITION FOR DISCERNMENT

Ignatius thought that the hardest work of discernment lies in identifying and overcoming “disordered attachments.” Sometimes he called them “disordered affections.”

Manney, Jim. What Do You Really Want? St. Ignatius Loyola and the Art of Discernment (p. 51). Our Sunday Visitor.

DISPOSITION FOR DISCERNMENT

A dark, moody photograph of a hammer and a wrench, symbolizing tools of labor or construction. The hammer is positioned vertically, and the wrench is positioned horizontally, both resting on a dark surface. The lighting is dramatic, highlighting the textures of the tools against a black background.

Our attachments become disordered when they push God out of the center of our lives and become the key to our identity.

WEAPONS IN DISCERNMENT & LIVING A DISCERNING LIFE

We must also be detached to the things of this world,
we can attach ourselves to God.

Ignatius suggests that we strive to achieve what he calls indifference. This means impartiality and objectivity, not a cold lack of concern. It means that we hold all of God's gifts reverently but also lightly, embracing them or letting them go depending on how they help us fulfill our vocation to love in the concrete circumstances of our lives.

WEAPONS IN DISCERNMENT & LIVING A DISCERNING LIFE

AN AUTHENTIC YES TO GOD

We must not only know God, but seek to know him more deeply.

This also means following the teachings of the church and not getting caught in false teachings that are secular & worldly.

CREATING A RULE OF LIFE

A Rule of Life is the means by which individuals establish an intentional pattern of spiritual discipline. The idea is that a Rule of Life will be robust enough to sustain your spiritual life over time, but flexible enough to be reflected on, revised, and deepened. You should feel some stretch, but not excessive burden. You should be able to follow the Rule in the ordinary circumstances of your life.

CREATING A RULE OF LIFE

You can create your own rule of life that is centered around your vocation - married, single, priests, religious; and daily commitments such as work or school, that give structure and consistency in your spiritual life.


















CREATING A RULE OF LIFE

A rule of life is meant to be daily, weekly & yearly.

IT SHOULD INCLUDE:

- Daily spiritual commitments such as morning prayer,
- Weekly commitments like Sunday Mass &
- Yearly commitments such as a silent retreat,

EXAMPLE OF A CATHOLIC RULE OF LIFE STRUCTURE

FOUNDATIONS	DAILY RHYTHM	WEEKLY & PERIODIC PRACTICES	SPIRITUAL FRUITS & BENEFITS
<p>CORE PRINCIPLES & INTENTION</p>	<p>MORNING 6:30</p>	<p>Sunday Mass</p>	<p>INCREASED CHARITY</p>
<p>  </p>	<p> <ul style="list-style-type: none"> Morning Prayer Lauds/Meditation </p>	<p> Sunday Mass</p>	<p></p>
<p>DISCERNING GOD'S WILL</p>	<p>MIDDAY 12:00</p>	<p>ADORATION (1 Hr/week)</p>	<p>GROWTH IN HOLINESS</p>
<p> COMMITMENT TO REGULARITY</p>	<p> <ul style="list-style-type: none"> Work & Duties Angelus/Midday Prayer Lunch </p>	<p> Adoration (1 Hr/week)</p>	<p></p>
<p>A FRAMEWORK FOR HOLINESS</p>	<p>EVENING 6:00</p>	<p>CONFESSION Monthly or frequently</p>	<p>INNER PEACE & JOY</p>
<p> BALANCE OF LIFE & WORK</p>	<p> <ul style="list-style-type: none"> Evening Prayer Vespers Family time </p>	<p> Spiritual Reading & Study</p>	<p>CLEARER VOCATION</p>
	<p>NIGHT 10:00</p>	<p>SERVICE & WORKS OF MERCY</p>	<p>COMMUNITY SUPPORT</p>
	<p> <ul style="list-style-type: none"> Rosary Spiritual Reading Examen Rest </p>	<p> Service & Works of Mercy</p>	<p></p>
		<p>FASTING (e.g., Fridays)</p>	
		<p></p>	

This is only an example framework for personal adaptation. Seek spiritual direction.

DAILY PRAYER

Having a structured prayer/spiritual life is a great weapon against the enemy.

Structure creates order and the enemy hates order and loves to create disorder.

Prayer such as the Liturgy of the Hours is very effective as a weapon because it unites the whole church and has order at its core.



**DAILY PRAYER MENTAL PRAYER IS ESSENTIAL
IN THE SPIRITUAL BATTLE AND
DISCERNMENT OF SPIRITS.**

**PRAYER IS OXYGEN FOR OUR SOULS AND
OUR GREATEST WEAPON.**

DAILY MENTAL PRAYER

- Prayer is a conversation with God.
- When we spend time in prayer we get to know God.
- In prayer we talk to God and in the silence of our mental prayer He speaks to us. - The language of God is silence.
- Prayer is essential to the spiritual life and the health of our souls.



DAILY PRAYER

Through daily prayer we can contemplate the word of God and in the silence of our mental prayer we can hear the Lord speak to us.

PRAYER

St. Alphonsus says that fifteen minutes of prayer a day is sufficient to fulfill the moral obligation to pray every day.

One set of mysteries of the Rosary is an ideal way to fulfill this obligation.

DAILY PRAYER

Prayer is oxygen for the soul!

Even though there may be moments of dryness and boredom in prayer, stick with it and resist the temptation to not pray and turn to low and earthly things.

PRAYER

- The devil knows how important prayer is, that is why one of his tactics is to discourage us in prayer.
- In prayer we can ask the Holy Spirit to guide us
- Mary and the saints to intercede for us
- Our guardian angel to help us in temptation

DAILY PRAYER

Prayer calms down the emotions and orders the faculties of the soul so we can better notice and respond to God's promptings. People who practice daily meditation are able to discern the subtleties of grace and, as Fr. Ripperger says, "can discern if something comes through emotions or through grace."

IS IT REALLY GOD? FOUR WAYS TO BE SURE:

1. TEST THE ORIGIN (1 JN. 4:1)

Thoughts from our own minds are progressive, with one thought leading to the next, however tangentially. Thoughts from the spirit world are spontaneous. The Hebrew word for true prophecy is 'naba', which literally means to bubble up, whereas false prophecy is 'ziyd' meaning to boil up. True words from the Lord will bubble up from our innermost being; we don't need to cook them up ourselves.

FOUR WAYS TO HEAR GOD'S VOICE

2. COMPARE IT TO BIBLICAL PRINCIPLES

God will never say something to you personally which is contrary to His universal revelation as expressed in the Scriptures. If the Bible clearly states that something is a sin, no amount of journaling can make it right. Much of what you journal about will not be specifically addressed in the Bible, however, so an understanding of biblical principles is also needed.

FOUR WAYS TO HEAR GOD'S VOICE

3. COMPARE IT TO THE NAMES AND CHARACTER OF GOD AS REVEALED IN THE BIBLE

Anything God says to you will be in harmony with His essential nature. Journaling will help you get to know God personally, but knowing what the Bible says about Him will help you discern what words are from Him. Make sure the tenor of your journaling lines up with the character of God as described in the names of the Father, Son and Holy Spirit.

FOUR WAYS TO HEAR GOD'S VOICE

4. TEST THE FRUIT (MATT. 7:15-20)

What effect does what you are hearing have on your soul and your spirit? Words from the Lord will quicken your faith and increase your love, peace and joy. They will stimulate a sense of humility within you as you become more aware of Who God is and who you are. On the other hand, any words you receive which cause you to fear or doubt, which bring you into confusion or anxiety, or which stroke your ego (especially if you hear something that is “just for you alone – no one else is worthy”) must be immediately rebuked and rejected as lies of the enemy.

FOUR SIMPLE KEYS FROM HABAKKUK 2:1–2 THAT HAVE HELPED PEOPLE OF ALL AGES AND BACKGROUNDS BREAK THROUGH INTO INTIMATE, TWO-WAY CONVERSATION WITH GOD.

1. STILLNESS

**Go to a quiet place and still your own thoughts and emotions.
"Be still, and know that I am God" (Psalm 46:10).**

2. VISION

**Fix the eyes of your heart upon Jesus,
seeing in the Spirit the dreams and visions of Almighty God
(Habakkuk 2:1).**

FOUR SIMPLE KEYS FROM HABAKKUK 2:1–2 THAT HAVE HELPED PEOPLE OF ALL AGES AND BACKGROUNDS BREAK THROUGH INTO INTIMATE, TWO-WAY CONVERSATION WITH GOD.

3. SPONTANEITY

Recognize that God's voice in your heart often sounds like a flow of spontaneous thoughts, impressions, and visions.

4. JOURNALING

Write out your prayers and God's answers. Two-way journaling brings great freedom in hearing God's voice (Habakkuk 2:2).

THE EXAMEN PRAYER

- The examen prayer is a great practice to help us grow in self-awareness and discernment.
- St. Ignatius recommend that his Jesuit brothers pray it twice a day, but once in the evening is a good practice and effective weapon in discernment of spirits.

THE DAILY EXAMEN PRAYER

- When we pray the examen prayer we reflect on ourselves and our daily lives.
- We ask the Holy Spirit to walk with us through the day and help us identify where where God was moving and where the evil one tried to employ his tactics.
- Through the examen, we become more aware of the ups and downs, as well as those triggers in our lives.

5 STEPS OF THE EXAMEN PRAYER

1. Pray for Light
2. Give Thanks
3. Review the Day
4. Ask for Pardon
5. Pray for the Day Ahead

THE DAILY EXAMEN PRAYER

- The Examen gives us the opportunity to acknowledge our failings & thank God for His blessings
- The Examen is a method of prayer that helps us grow in the understanding that we are constantly in the presence of God

THE DAILY EXAMEN PRAYER

- The Examen way of prayer, can open our eyes to see God and find him in all the moments of our daily lives and experience Him right where we are.
- The daily examen is different from the examination of conscience. But they are both is an ancient and treasured practices in the church.

FREQUENT USE OF THE SACRAMENTS

We are called to live a sacramental life.
Confession & daily mass are two of the
sacraments that can help us grow closer
to the Lord

FREQUENT USE OF THE SACRAMENTS



Confession, for example, drives out evil from the soul, while the exorcism only drives evil out of the body.

FREQUENT USE OF THE SACRAMENTS

EUCHARISTIC ADORATION

The Eucharist bathes the tormented soul in light and love. Then the soul appreciates these words, 'Come all you who are sick, I will restore your health.'

St. Bernadette Soubirous

WEAPONS FOR FIGHTING THE ENEMY

TRUST & SURRENDER TO GOD

- Remember when you surrender to the will of God, He can act more freely in our lives.
- Surrender takes Humility one of the virtues the devil hates the most.
- Jesus himself said he desires from us trust!

WEAPONS FOR FIGHTING THE ENEMY

USE OF SACRAMENTALS

- Sacramentals include objects that have been blessed and can be used for devotion.
- Holy water, blessed oil & salt
- Relics
- Medals, scapulars, crucifix

WEAPONS FOR FIGHTING THE ENEMY

USE OF SACRAMENTALS

Relics and sacramentals will cause pain to a demon. Fr. Amorth says that our devotion to the saints, and the use of their relics, invites their presence into our lives and helps disrupt diabolical activity.

Fraune, Charles D.. Slaying Dragons: What Exorcists See & What We Should Know (Slaying Dragons Series Book 1) (pp. 65-66). Kindle Edition.

WEAPONS FOR FIGHTING THE ENEMY

SPIRITUAL READING

- Read your bible, use scripture to strengthen you in the battle
- Books on the lives of the saints and catholic spirituality
- Daily Mass Readings and reflections
- Lectio Divina

READING THE SCRIPTURES

- **Reading:** Performing an attentive, slow, leisurely, and repetitious reading of a short passage of the Bible
- **Reflecting:** Making an effort to prayerfully engage with the meaning of the passage and to consider how it may apply to your life circumstances
- **Responding:** Conversing with God about the passage

READING THE SCRIPTURES

- **Resting:** Allowing yourself to rest and remain absorbed in the words of God; allowing or inviting the Holy Spirit to draw you more deeply into his presence through what you've read.
- **Resolving:** Allowing the encounter with God to permeate your day, causing you to draw near to him through his self-revelation and unique call to you to participate with him in the redemption of the world.

WEAPONS FOR FIGHTING THE ENEMY

PRAYER & FASTING

- **We can strengthen our prayer by fasting.**
- **The sacrifice of fasting allows us to better see God's will and strengthens us for the battle.**



DAILY MAKING AN EFFORT TO TURN AWAY FROM SIN AND TURN TO GOD

Sin is a turning away from God, but he is asking us to turn away from sin and turn to him.

This daily effort allows us to grow in grace.



**DAILY MAKING AN EFFORT TO TURN AWAY
FROM SIN AND TURN TO GOD**

**Don't be discouraged! We are sinners
and God knows this. If we fall, go to
confession which restores the
relationship with God and the soul!**



SACRED MUSIC

**Gregorian Chants and
Praise & Worship Music**

**These are also effective in desolation and
moments when prayer is difficult.**

FINAL WORDS

- Discernment is not something we can do on our own. We **NEED** the grace of God.
- When desolation comes, don't give up! Use your tools of what you can do in desolation and consolation.
- Remember to use the tools for living a discerning life.

RECOMMENDED READING

TIMOTHY M. GALLAGHER, O.M.V.



The
**Discernment
of Spirits**



An Ignatian Guide for
Everyday Living



"Father Gallagher meets the pressing needs of spiritual directors, retreatants, students,
of spiritual theology, and all who are interested in deepening their spiritual lives."

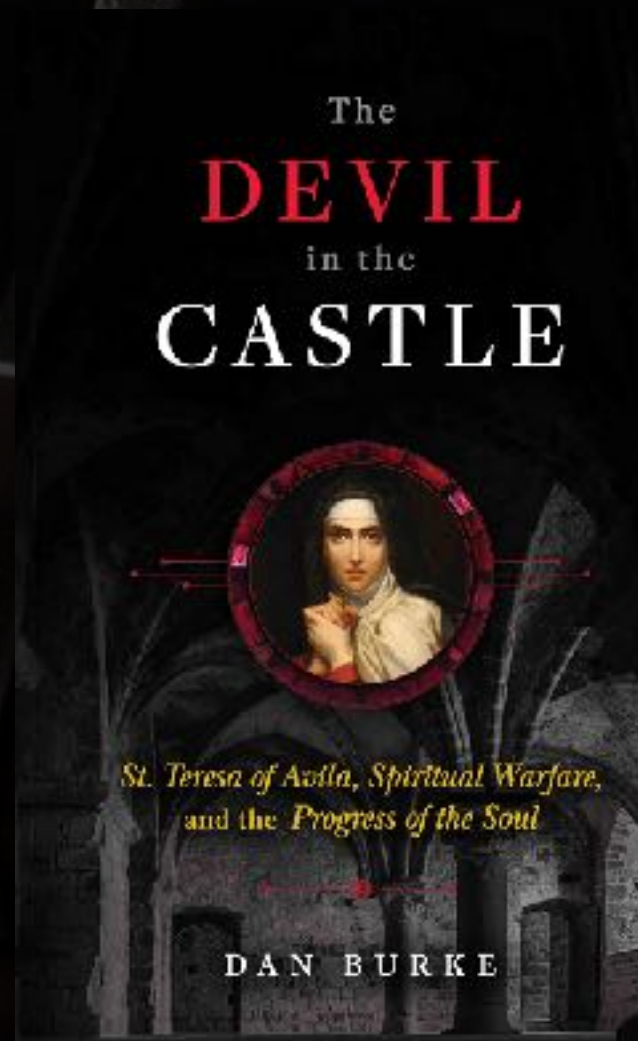
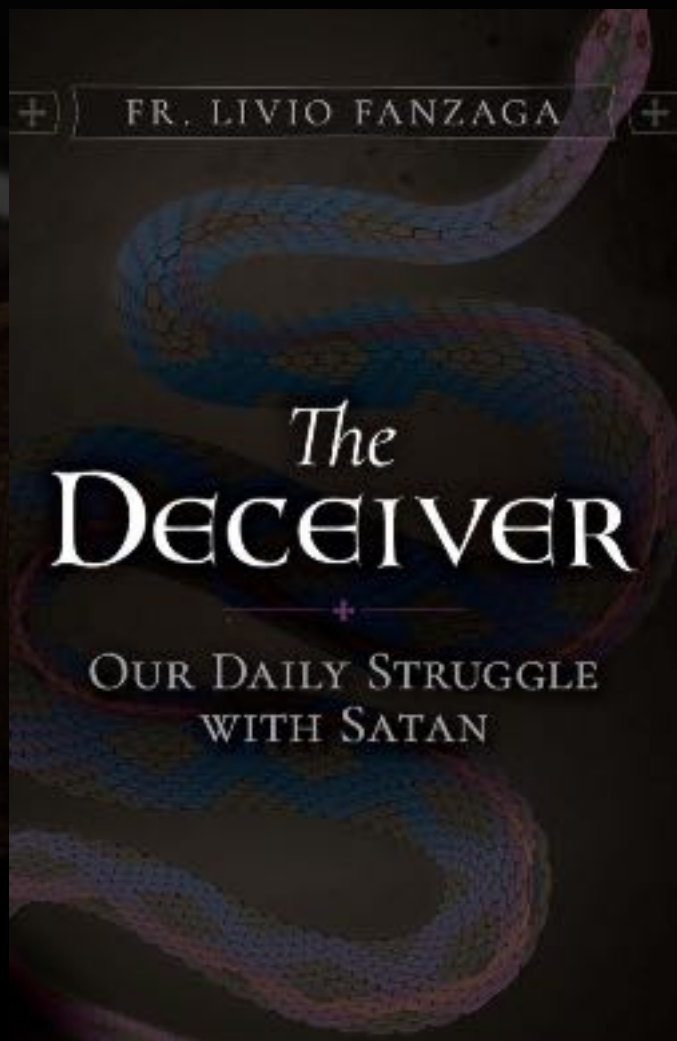
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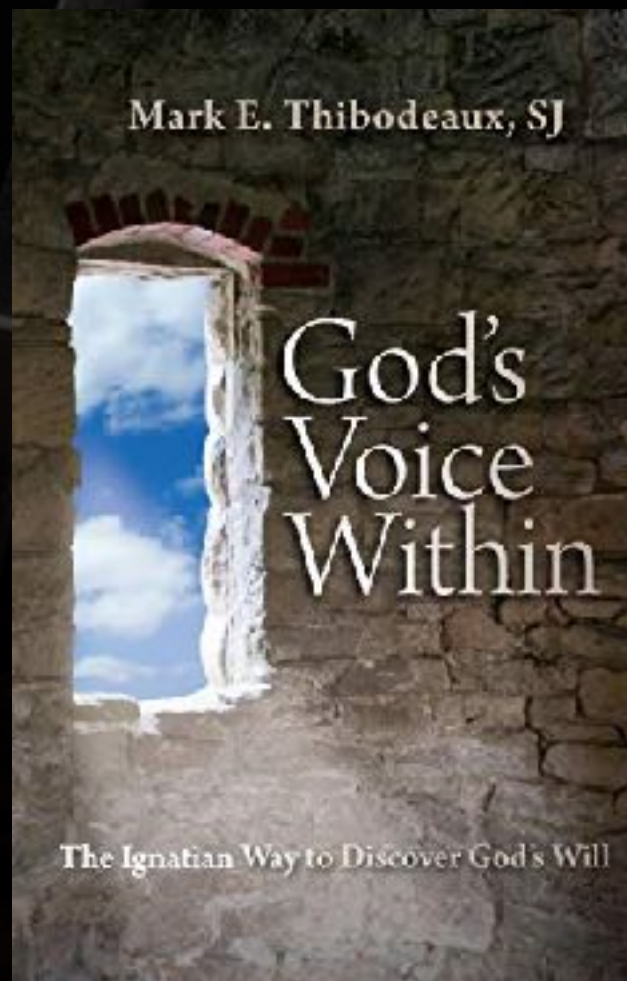
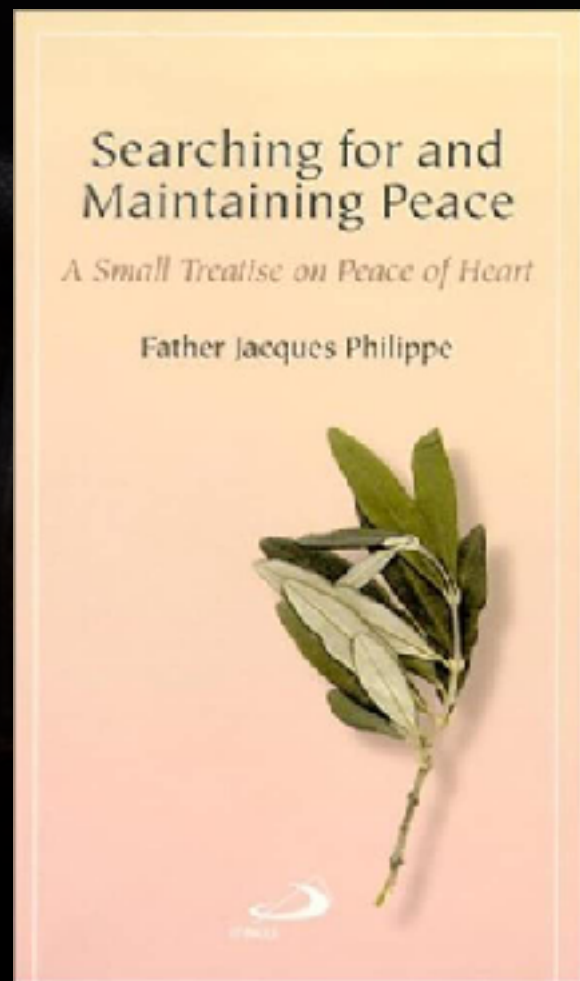


DAN BURKE

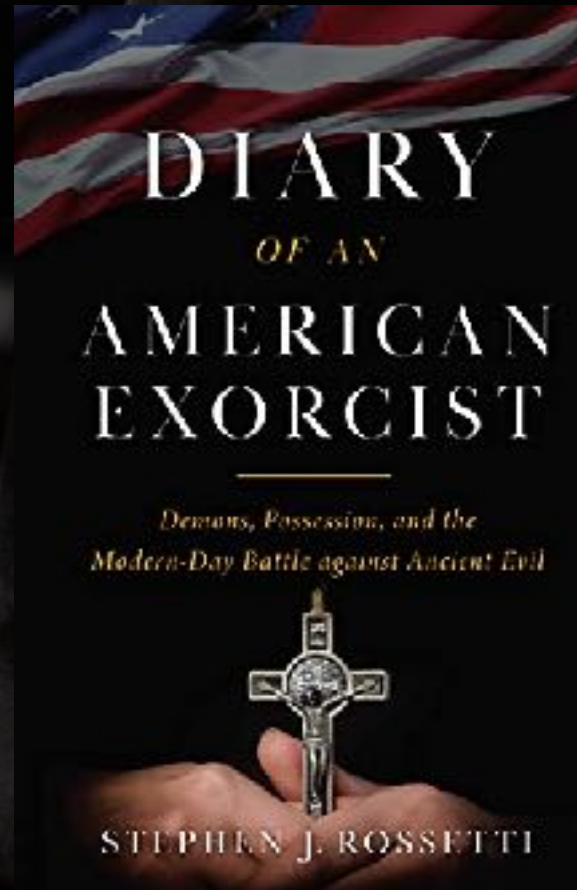
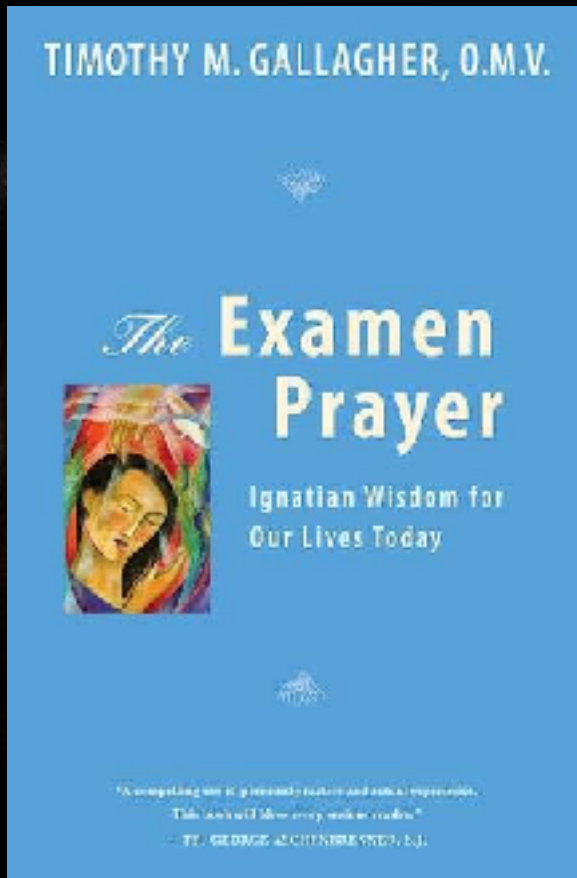
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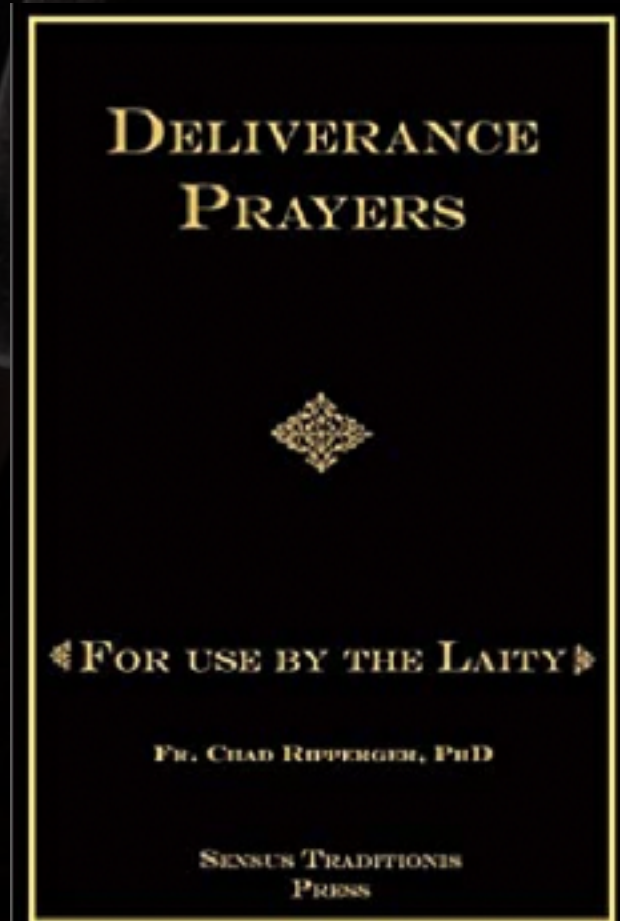
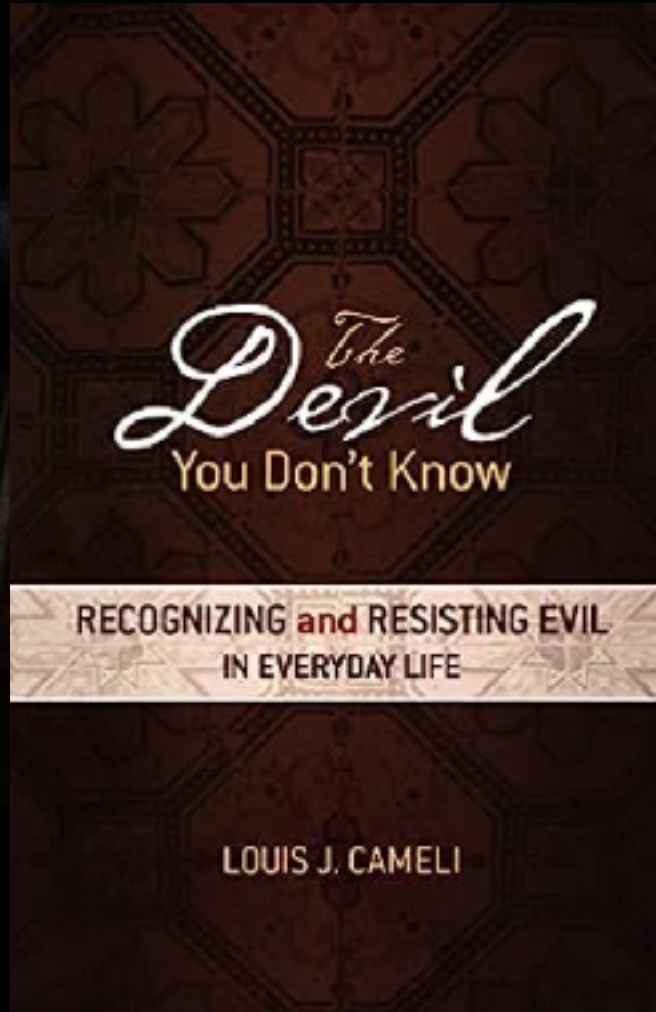
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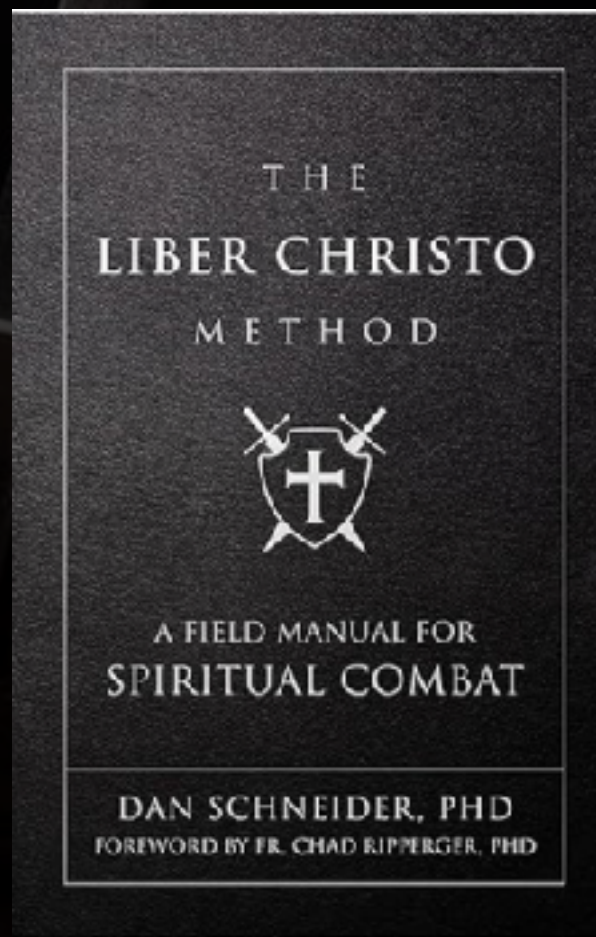
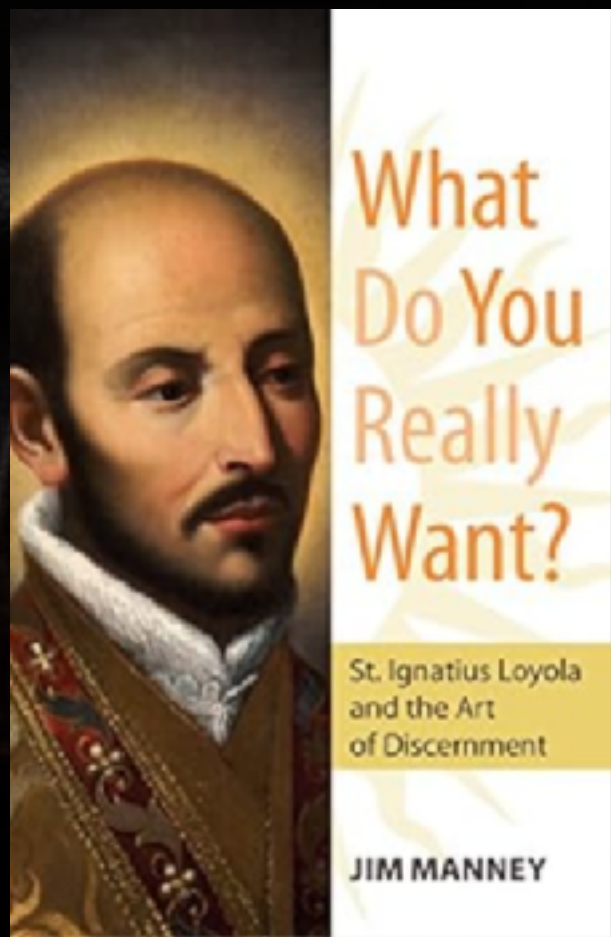
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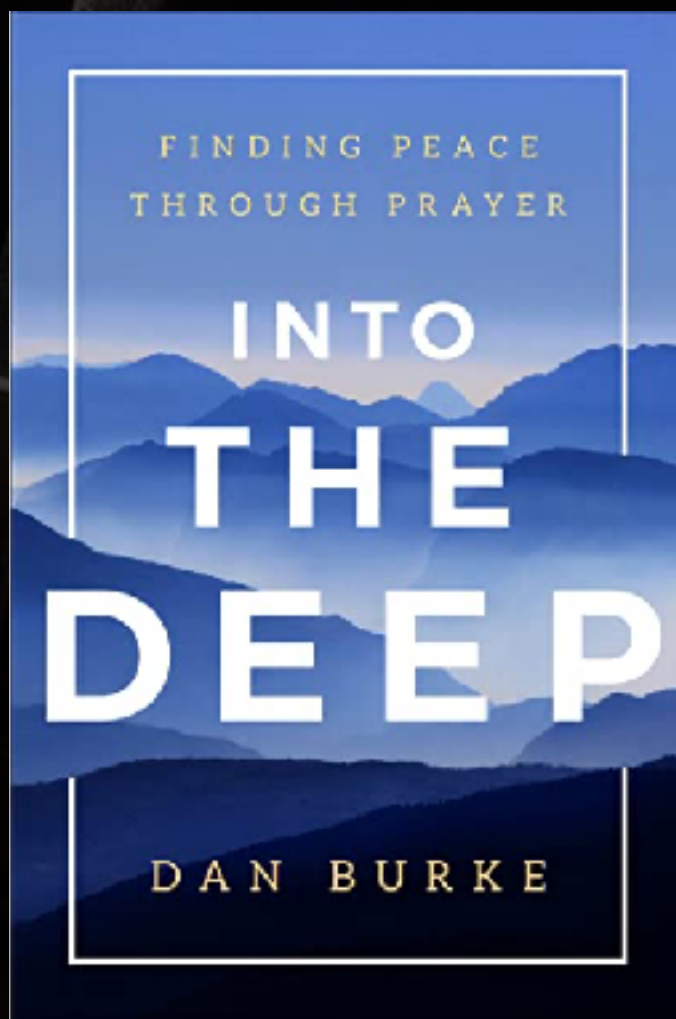
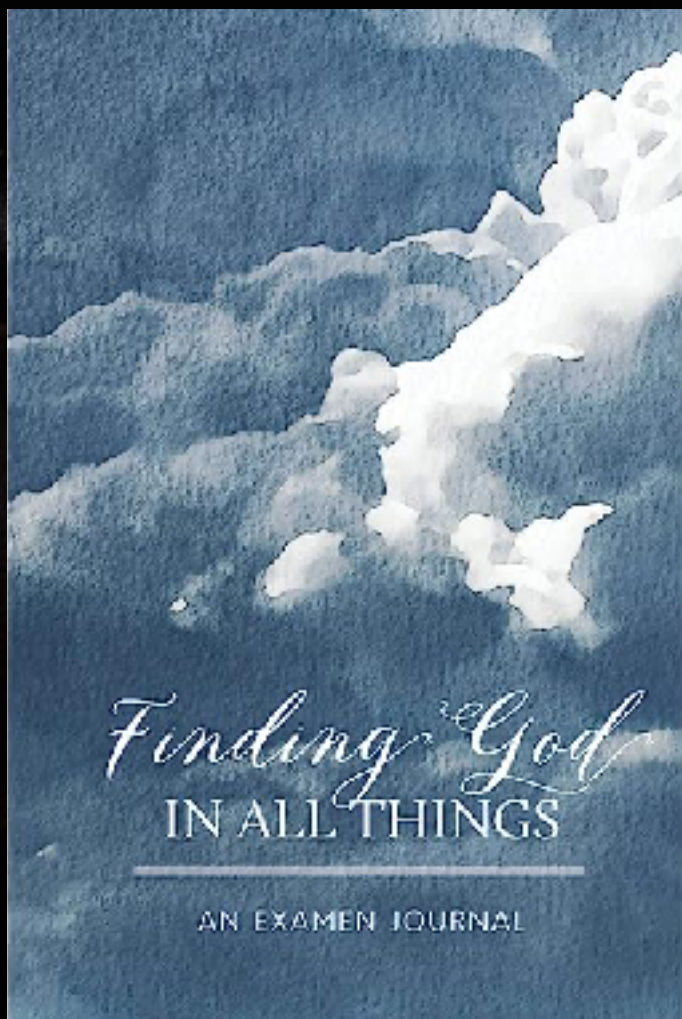
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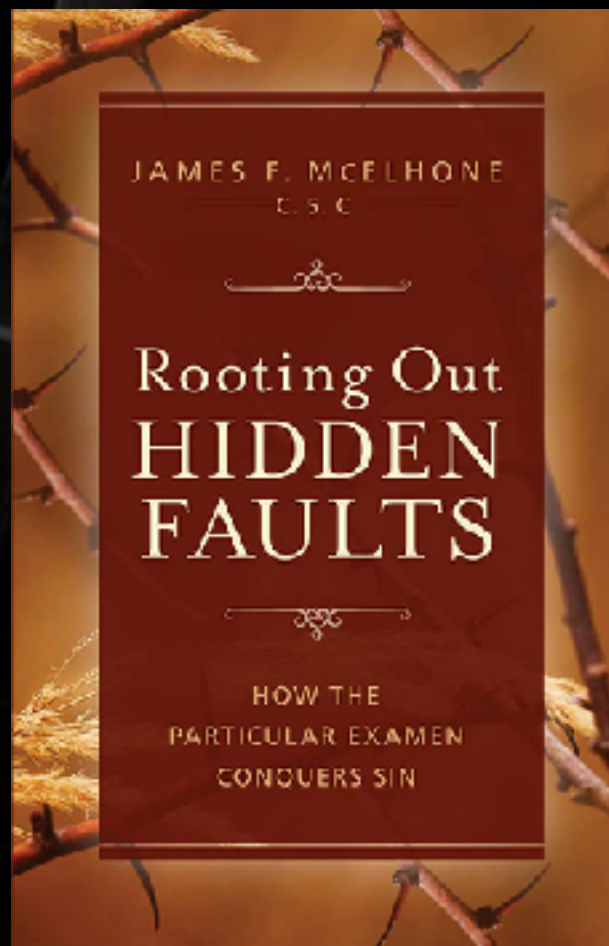
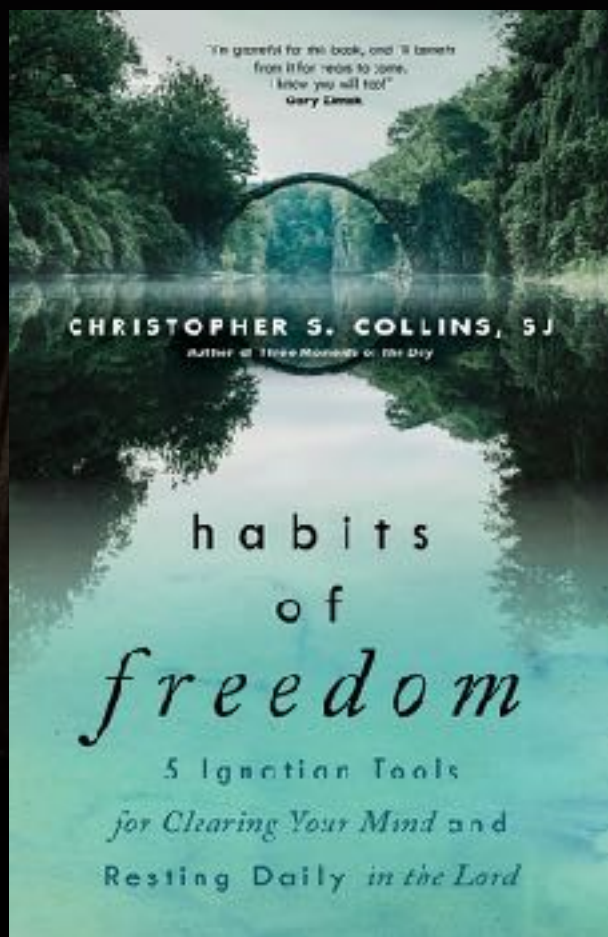
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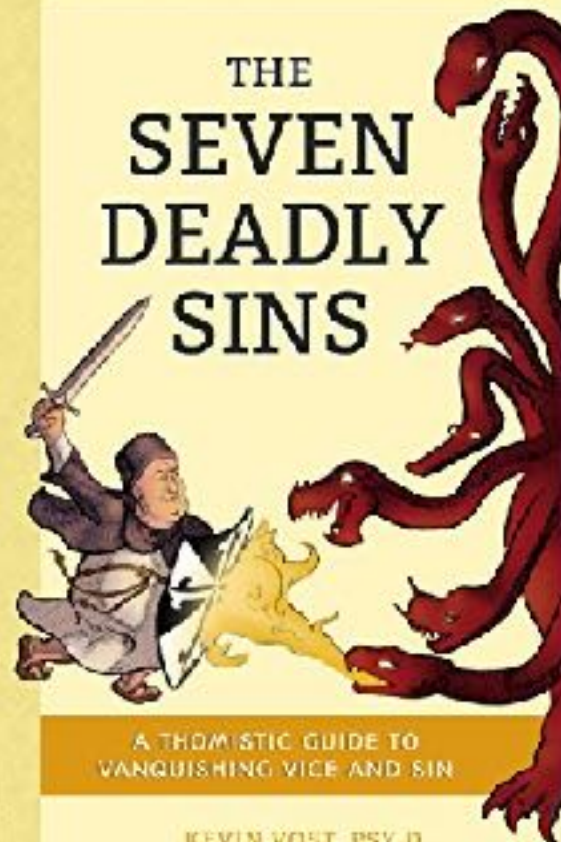
OVERCOMING SINFUL ANGER



How to Master Your Emotions
& Bring Peace to Your Life

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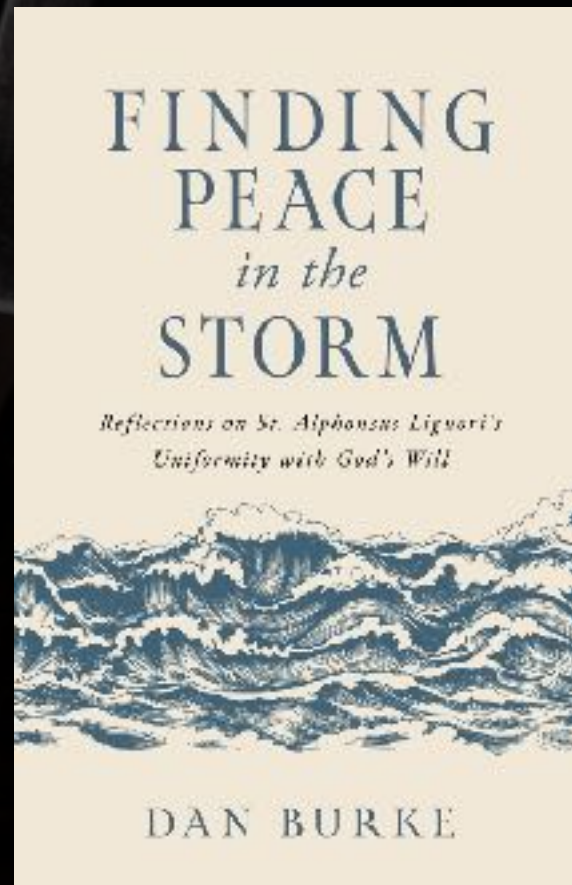
THE SEVEN DEADLY SINS



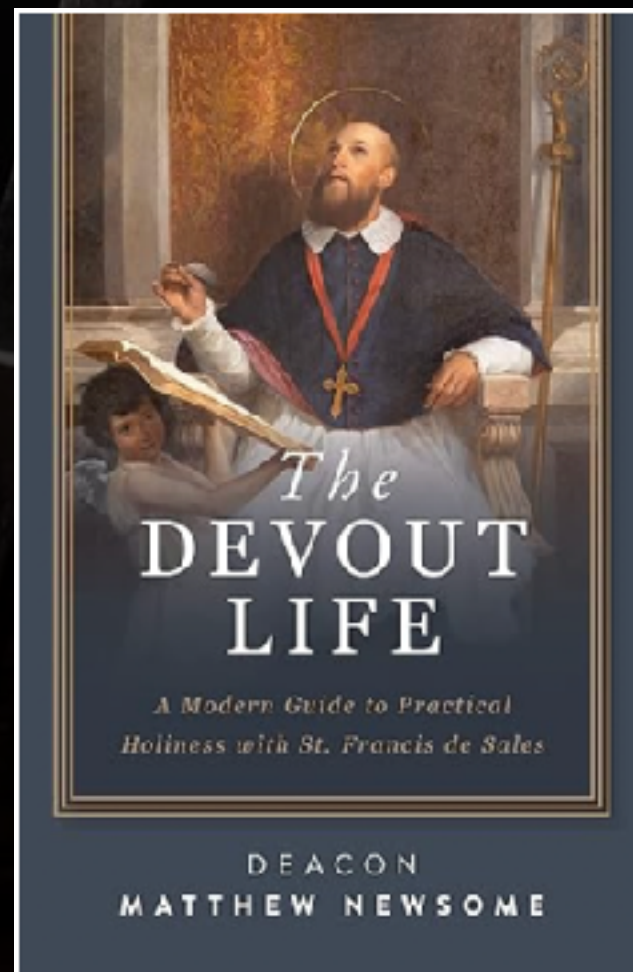
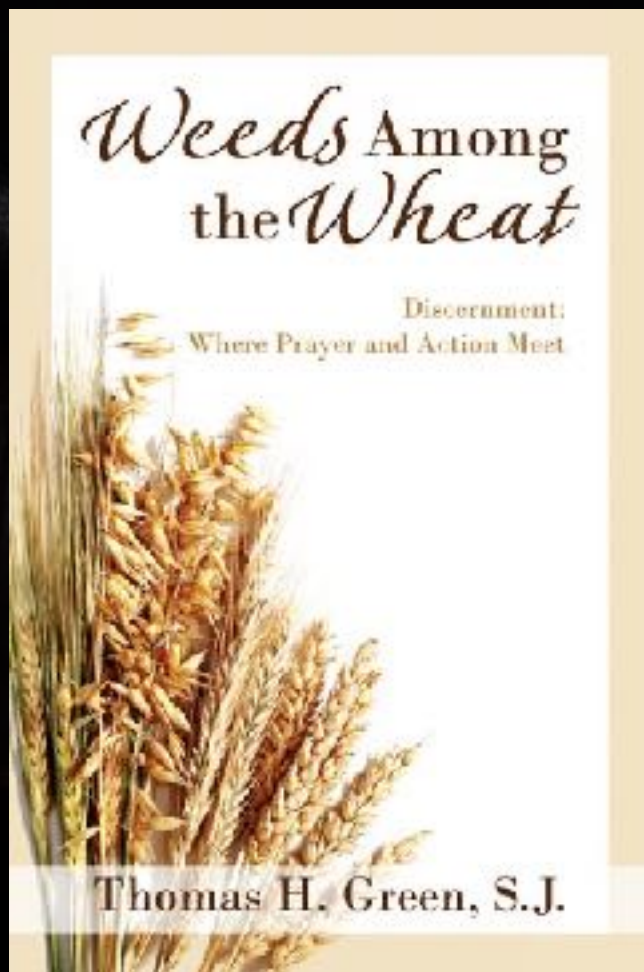
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KEVIN VOST, PSY.D

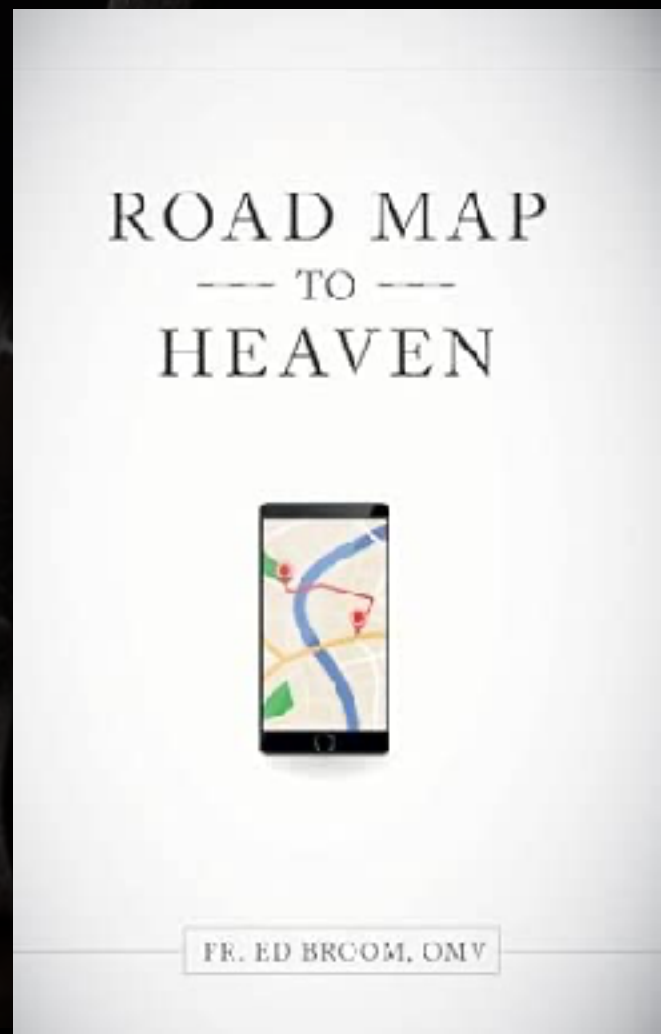
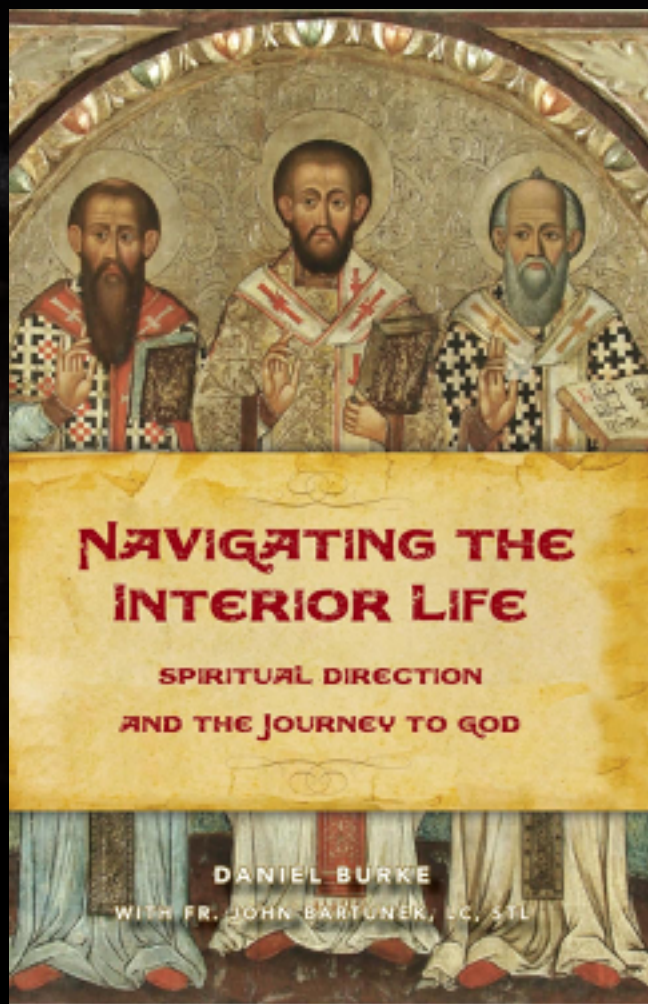
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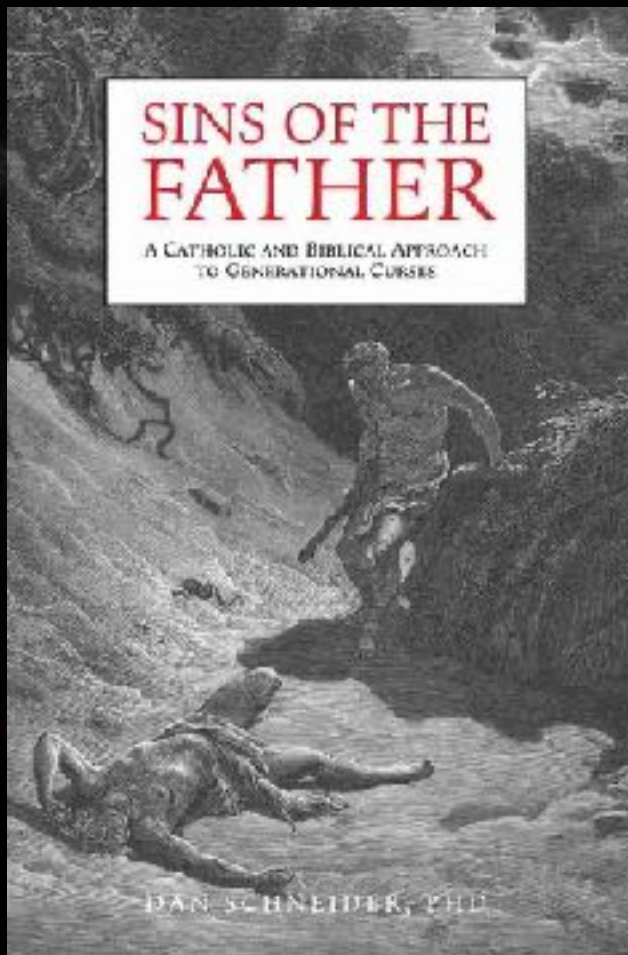
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RECOMMENDED READING



RECOMMENDED READING



The book cover has a black background with a thin red border. The title 'SPIRITUAL WARFARE' is in white, serif capital letters. Below it, 'Q & A' is written in a large, white, serif font, with the ampersand in red. Underneath, 'PRIESTS AND LAITY' is in white, serif capital letters. The authors' names are at the bottom.

**SPIRITUAL
WARFARE**
Q & A
PRIESTS AND LAITY

DAN SCHNEIDER, PHD & JESSE ROMERO

RECOMMENDED LISTENING



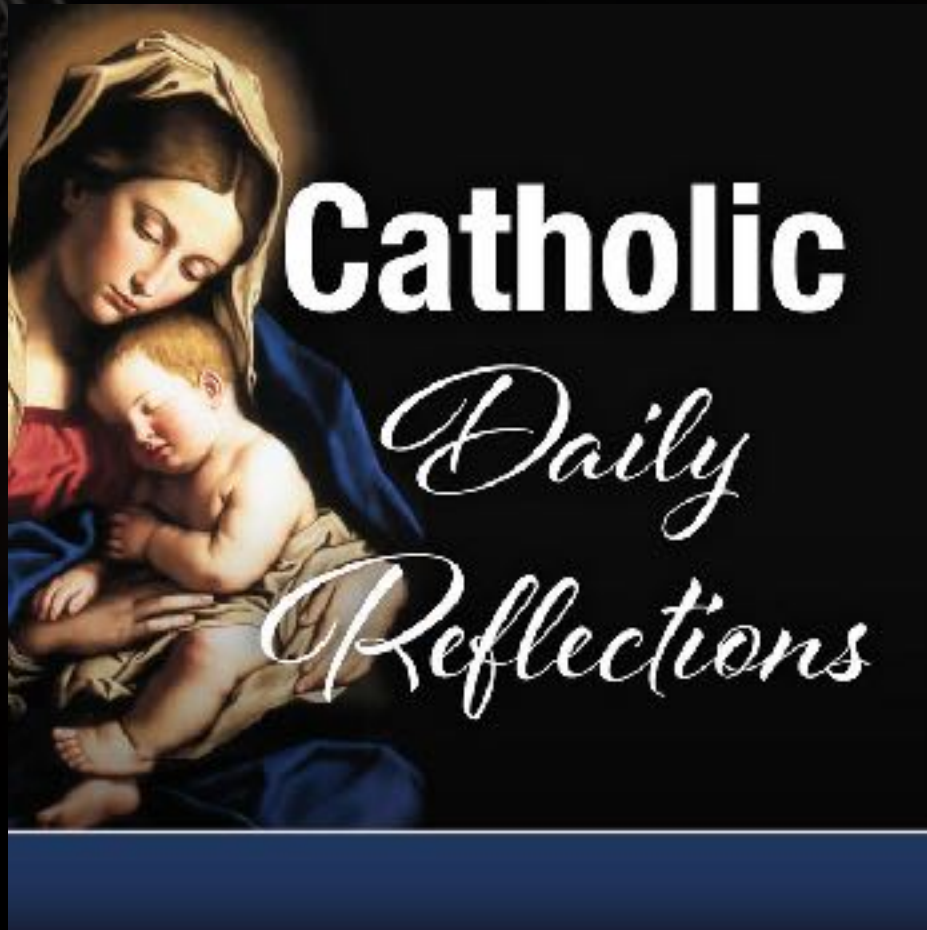
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DIVINE MERCY CONFERENCE

F L O R I A N I



CHANTS
OF
DELIVERANCE
Gregorian Chant for Spiritual Warfare

RECOMMENDED APPS

Hallow
Catholic Prayer & Meditation App

FORMED

WEBSITES TO CHECK OUT

<https://spiritualdirection.com/>

<https://www.catholicexorcism.org/>

[Sensus Fidelium](#)

<https://bebattleready.org/deliverance>

[https://tandirection.com/author/
danschneider/](https://tandirection.com/author/danschneider/)

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Lord Jesus Christ, in your love and mercy, pour Thy Precious Blood over us so that no demon or disembodied spirit may retaliate against us. Mary, surround us with thy mantle, blocking any retaliating spirits from having any authority over us.

St. Michael, surround us with thy shield, so that no evil spirit may take revenge on us. Queen of Heaven and St. Michael, send down the legions of angels under your command to fight off any spirits that would seek to harm us. All you saints of heaven, impede any retaliating spirit from influencing us. Lord, Thou are the Just Judge, the avenger of the wicked, the Advocate of the Just, we beg in Thy mercy, that all we ask of Mary, the angels and the saints of Heaven be also granted to all our loved ones, those who pray for us and their loved ones, that for Thy Glory's sake, we may enjoy Thy perfect protection. Amen.