

Session 2 - October 20, 2020



St. Ignatius of Loyola's Rules for Discernment of Spirits

Why Discern the Spirits?

“Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour. Resist him, solid in your faith, knowing that your fellow believers throughout the world undergo the same sufferings.” - 1 Peter 5:8-9

“Test the Spirits and see whether they are from God.”
- 1 John 4:1

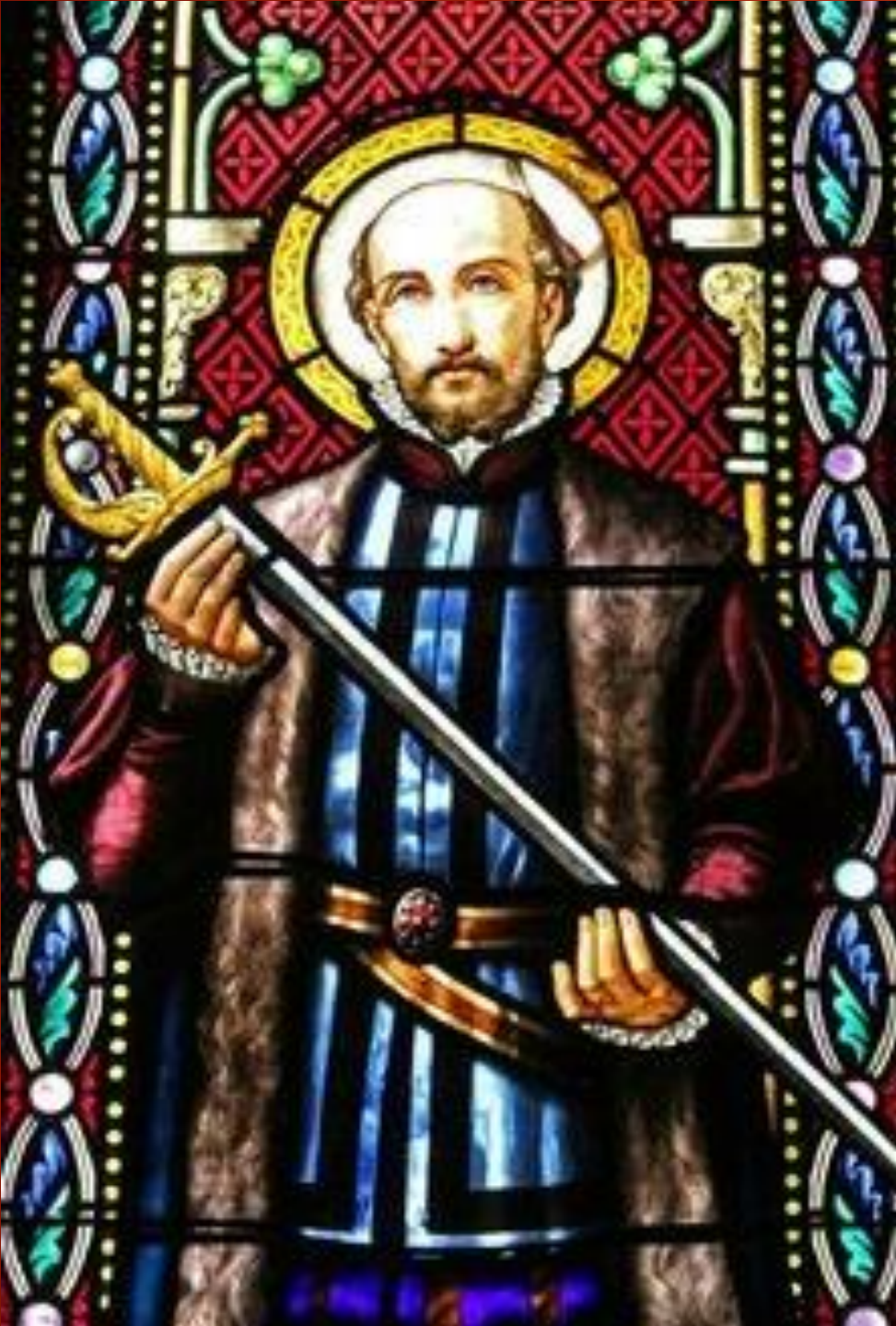
Last week's homework

- How is **God** actively working in your life?
- How is **Satan** trying to harm you?





St. Ignatius of Loyola



Rules 1-4

1. When a person is moving away from God
2. When a person is moving toward God
3. Spiritual Consolation
4. Spiritual Desolation



First Rule. The first rule: in persons who are going from mortal sin to mortal sin, the enemy is ordinarily accustomed to propose apparent pleasures to them, leading them to 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 a contrary method, stinging and biting their consciences through their rational power of moral judgment.



Second Rule. The second: in persons who are going on intensely purifying their sins and rising from good to better in the service of God our Lord, the method is contrary to that in the first rule. For then it is proper to the evil spirit to bite, sadden, and place obstacles, disquieting with false reasons, so that the person may not go forward. And it is proper to the good spirit to give courage and strength, consolations, tears, inspirations and quiet, easing and taking away all obstacles, so that the person may go forward in doing good.



Third Rule. The third is of spiritual consolation. I call it consolation when some interior movement is caused in the soul, through which the soul comes to be inflamed with love of its Creator and Lord, and, consequently when it can love no created thing on the face of the earth itself, but only in the Creator of them all. Likewise, when it sheds tears that move to love of its Lord, whether out of sorrow for one's sins or for the passion of Christ our Lord, or because of other things directly ordered to His service and praise. Finally, I call consolation every increase of hope, faith and charity, and all interior joy that 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.

Fourth Rule. The fourth is of spiritual desolation. I call desolation all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to low and earthly things, disquiet from various agitations and temptations, moving to lack of confidence, without hope, without love, finding oneself totally slothful, tepid, sad and as if separated from one's Creator and Lord. For just as consolation is contrary to desolation, in the same way the thoughts that come from consolation are contrary to the thoughts that come from desolation.





Spiritual Desolation

heaviness
sadness
darkness
slothfulness
disquiet

Fr. Andrew's
childhood
TV moments!

Next Week:

The Action Rules Rules 5 - 8



Sneak Peak for Next Week:

“The Grand Poobah”

Rule 5:

“In time of desolation, make no changes to spiritual practices.”

Homework:

- ▶ What have been the Spiritual Consolations God has provided for you today/ in your life? Thank him again.... or for the first time.
- ▶ What have been the times of desolation? What was the lie Satan convinced you of about yourself? Have you rejected it yet? If not, are you ready to do that?