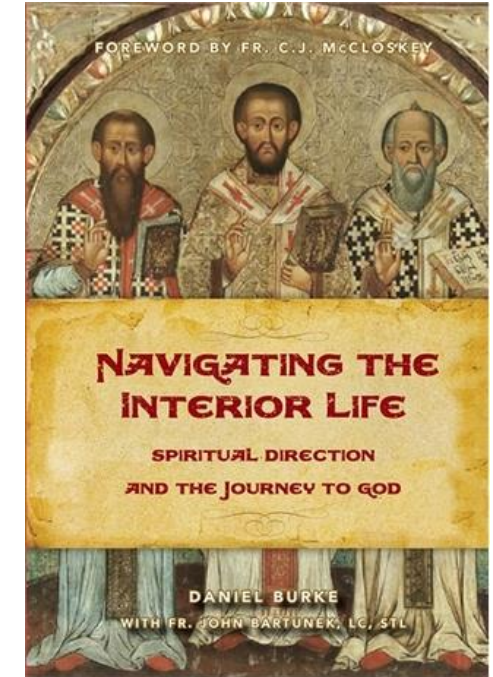
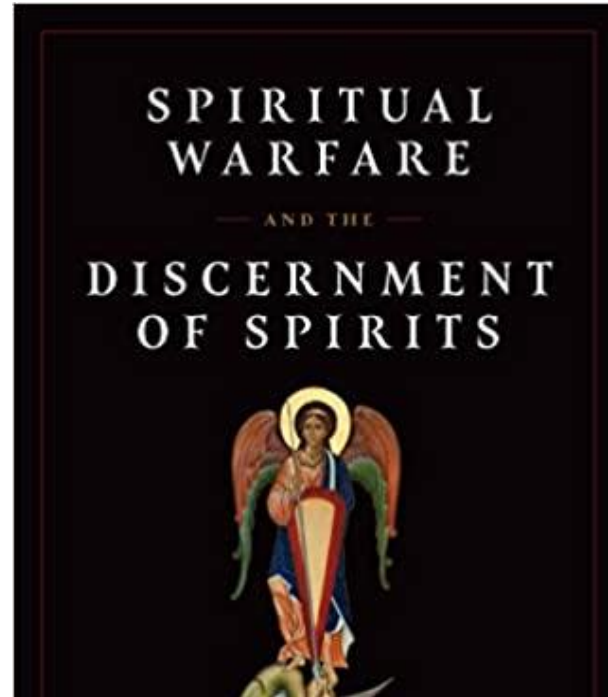
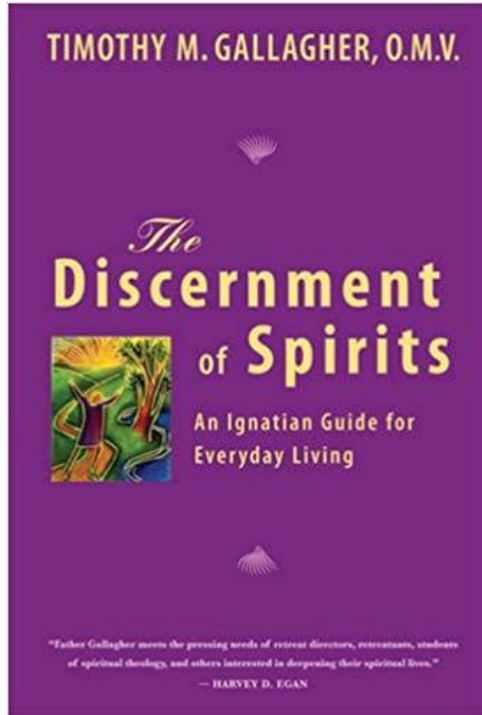




Discernment of Spirits

HOW TO WIN THE DAILY SPIRITUAL BATTLE AND
GAIN INNER PEACE

Resources for DOS and Growth in the Spiritual Life



Resources

Discerning hearts app

- ▶ Free on iphone and droids
- ▶ Go to spiritual formation
- ▶ Look for Fr Timothy Gallagher's podcasts
- ▶ First set is the 14 rules, about 45 mins each

[Spiritualdirection.com](http://spiritualdirection.com)

What is Discernment of Spirits?

Saint Ignatius of Loyola

Ignatian exercises

Discernment of Spirits

Examen Prayer



DISCERNMENT OF SPIRITS

- ▶ Discernment of spirits is the interpretation of what St. Ignatius Loyola called the “motions of the soul.” These interior movements consist of thoughts, imaginings, emotions, inclinations, desires, feelings, repulsions, and attractions. Spiritual discernment of spirits involves becoming sensitive to these movements, reflecting on them, and understanding where they come from and where they lead us.

Who can use DOS?

Anyone who wants to grow in holiness and make progress in the Spiritual Life will benefit from DOS.

What is the Spiritual Life?

- ▶ The Process of and Desire to draw closer to God, development of relationship with God, goal is Union with God - Sainthood

1. Mass

2. Regular confession

3. Daily Prayer

Where does DOS fit in the
Spiritual Life?

3 key
elements of
the Spiritual
Life

Awareness is Key for Growth

1. Psychological
2. Moral
3. Spiritual

Spiritual Awareness is the Key for DOS

- ▶ Be Aware
- ▶ Understand
- ▶ Take Action

Is it me, God or
the Devil?

Movements in our day can be
from:

- ▶ Our own flesh (& the world)
- ▶ From God
- ▶ From the Devil

If it's from God, I accept it, if
it's from the Devil I reject it

RULES OF DISCERNMENT

Rule 1

- ▶ **First Rule:** In the persons who go from mortal sin to mortal sin, the enemy is commonly used to propose 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.
- ▶ **Persons moving away from God to serious sin. The enemy facilitates this movement through imagination of sensual pleasures. Good Spirit stings the conscience to help us return to God**

Rule 2

- ▶ **Second Rule:** 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 to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing.
- ▶ **Persons going away from sin toward God. The enemy bites and stings, saddens. The Good Spirit encourages, strengthens consoles with tears, inspires it.**

Rule 3

- ▶ **Third Rule.** OF SPIRITUAL CONSOLATION. 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 in consequence love no created thing on the face of the earth in itself, but 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 connected with His service and praise. 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
- ▶ **Consolations – movements from the Holy Spirit**

Consolations

The soul
becomes
inflamed
with love of
our Creator

Tears that
move to
the love of
the Lord

Every
increase of
Faith Hope
and
Charity

Joy

Rule 4

- ▶ **Fourth Rule:** SPIRITUAL DESOLATION. I call desolation all the contrary of the third¹ rule, such as darkness² of soul, disturbance in it, movement to things low and earthly, the unquiet of different agitations and temptations, moving to want of confidence, without hope, without love, when one finds oneself all lazy, tepid, sad, and as if separated from his Creator and Lord. Because, as consolation is contrary to desolation, in the same way the thoughts which come from consolation are contrary to the thoughts which come from desolation.
- ▶ **Desolations- movement from the enemy, but allowed by God**

Desolations

Darkness of Soul

Disquietude or disturbance

Movement to low and earthly things

Agitations and temptations

Moving to lack of confidence, without hope, without love

Finding oneself totally slothful, tepid, sad

Feeling separated from God

To do this week

1. Order the Fr Gallagher book or add the Discerning Hearts app to phone, read or listen to the first four chapters
2. Spend some time in prayer and self-reflection. As honestly as possible assess if you are heading towards God or away from God. Treading water is not the same thing as heading towards God.
3. Think of an example of consolation and desolation in your life and journal about each.