

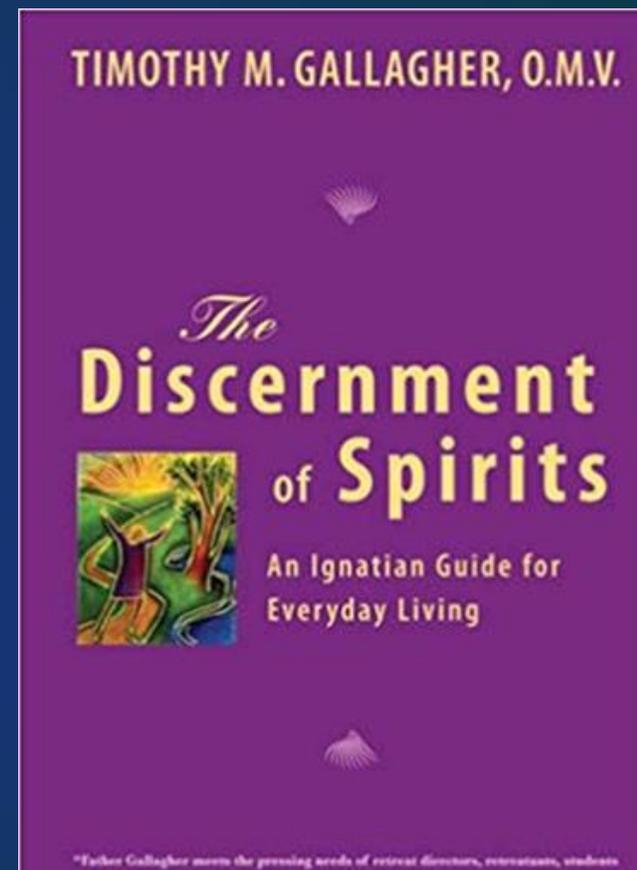
*RULES 10 -14*

*PREPARE &  
STRENGTHEN*

Discernment  
of Spirits -  
*Setting captives free*

# Resources

- ▶ [spiritualdirection.com](http://spiritualdirection.com)
- ▶ Discerning Hearts app



# Make a battle plan for desolation

1. Pick a prayer (St Michael, Renunciation, Glory Be, Jesus I trust in You)

2. Pray the Hail Mary asking her to wrap you in her mantle of protection

3. Pick a friend you can call

4. Prayer of the Present Moment (have it printed out and put a photo of it on your phone)

5. Pray Litany of Trust, either have it hard copy or use the mobile version

# Battle plan for Desolation- an example



Pray	Pray the St Michael prayer
Pray	Pray the Hail Mary, asking Mary to wrap you in her mantle of protection
Call	Call a spiritual friend
Pray	Pray prayer of the Present Moment
Pray	Pray Litany of Trust

# 3 keys for DOS

Be aware

Understand

Take Action

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

# Forms of Consolation

Darkness of soul

Disturbance or  
Disquietude

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

# Forms of Desolation



## Rule 10

Let him who is in consolation think how he will be in the desolation which will come after, taking new strength for then..

***When in consolation, prepare for how you will deal with 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 for in the time of desolation without such grace or consolation. On the contrary, let him who is in desolation think that he can do much with the grace sufficient to resist all his enemies, taking strength in his Creator and Lord.

***Finding our balance, humility in consolation and desolation. Trust in Divine Providence***

# Rule 12

The enemy acts like a woman, in being weak against vigor and strong of will. Because, as it is the way of the woman when she is quarreling with some man to lose heart, taking flight when the man shows her much courage: and on the contrary, if the man, losing heart, begins to fly, the wrath, revenge, and ferocity of the woman is very great, and so without bounds; in the same manner, 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 diametrically the opposite.

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 so great malice.

# Rule 12

*What to do when temptation comes*

*The enemy weakens and flees when resisted promptly, by doing the opposite of the temptation. But if you lose heart in the face of temptation, the enemy gains strength and grows fierce.*

# Rule 13

Likewise, he acts as a licentious lover in wanting to be secret and not revealed. For, as the licentious man who, speaking for an evil purpose, solicits a daughter of a good father or a wife of a good husband, wants his words and persuasions to be secret, and the contrary displeases him much, when the daughter reveals to her father or the wife to her husband his licentious words and depraved intention, because he easily gathers that he will not be able to succeed with the undertaking begun: in the same way, 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, because he gathers, from his manifest deceits being discovered, that he will not be able to succeed with his wickedness begun.

# Rule 13

*Bring temptation to the Light*

*The enemy wants temptations kept secret, knowing he cannot succeed if they are brought to light with the appropriate spiritual person.*

# Rule 14

Likewise, he behaves as a chief bent on conquering and robbing what he desires: for, as a captain and chief 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

## *Strengthen the weak point*

*Take stock of your strengths and weaknesses to know where the battle will be engaged. Then you will be more ready for the attack. The enemy attacks at our weakest point.*

1

Read Fr  
Gallagher's book  
or listen to the  
podcasts.

2

Pay attention to  
what is going on in  
your interior life.

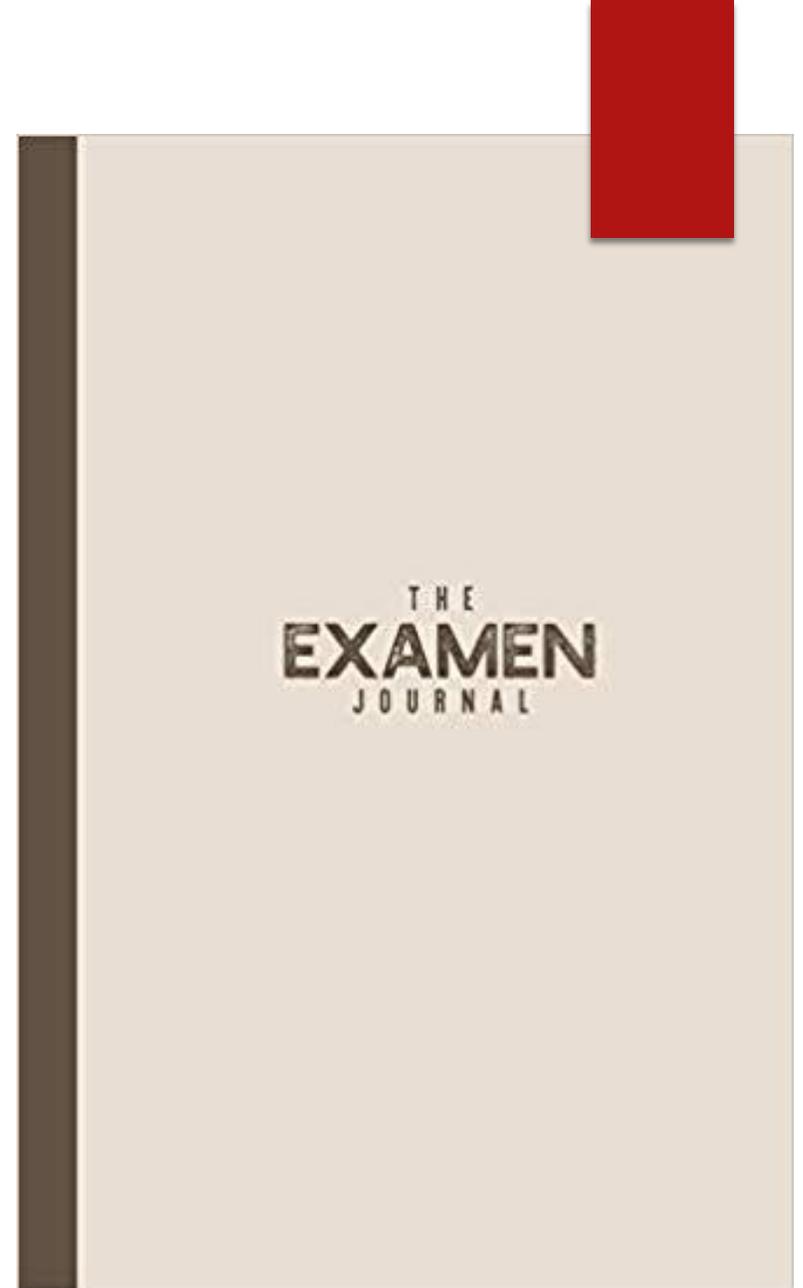
3

Pray the examen  
prayer at night  
and journal your  
insights

# Going forward

# Examen Journal

- ▶ Available on Amazon
- ▶ By M Williams
- ▶ Following the format of the Examen prayer developed by St. Ignatius, The Examen Journal is a prayer tool to empower you to reflect on your daily highs and lows as a means of exploring God's presence in your life. Meaningful questions guide your journal entries. Your conversations with God are collected in one place for you keep and pray over. The Examen Journal doesn't require a background in theology, a knowledge of scripture, or even a structured study plan. All you need is an honest heart, the desire to be with God, and a few minutes each day



# Examen Prayer

## **PREPARING TO PRAY THE EXAMEN**

Sit down.

Find a quiet spot for reflecting.

Grab a journal.

Take a few deep breaths and get ready to pray.

## **HOW TO PRAY THE EXAMEN**

Movement 1: Thanksgiving

Movement 2: Guidance

Movement 3: Review

Movement 4: Grace

Movement 5: Resolution

# Prayer of the Present Moment

*Most glorious, kind, and blessed God of the present moment, I beg Your grace and Your presence that I might be able to reject the temptations and lies of the enemy and my flesh that drive my mind to obsess on the past or worry about the future. Help me instead to embrace the sufferings and challenges of the present moment knowing that You are with me in them and that if I surrender myself to You and the duties of this present moment, You will give me all I need to endure or overcome any challenge, take care of all matters that are outside of my control, and will reveal Yourself and Your holy will within and through them. By Your grace I reject, in Jesus' name, all regrets, laments, frustrations, or other temptations that draw my thoughts and attention away from the duties of this present moment and more importantly, away from Your presence and provision. I affirm, invoke, and implore the power of Jesus' name against the efforts of the enemy to draw me out of Your presence in this moment, and I, by God's Grace, His Divine Will, and my human will, through the power of the Holy Spirit, choose to take every thought captive to the obedience of Christ. Mary, Mother of the Divine Will, pray for me.*