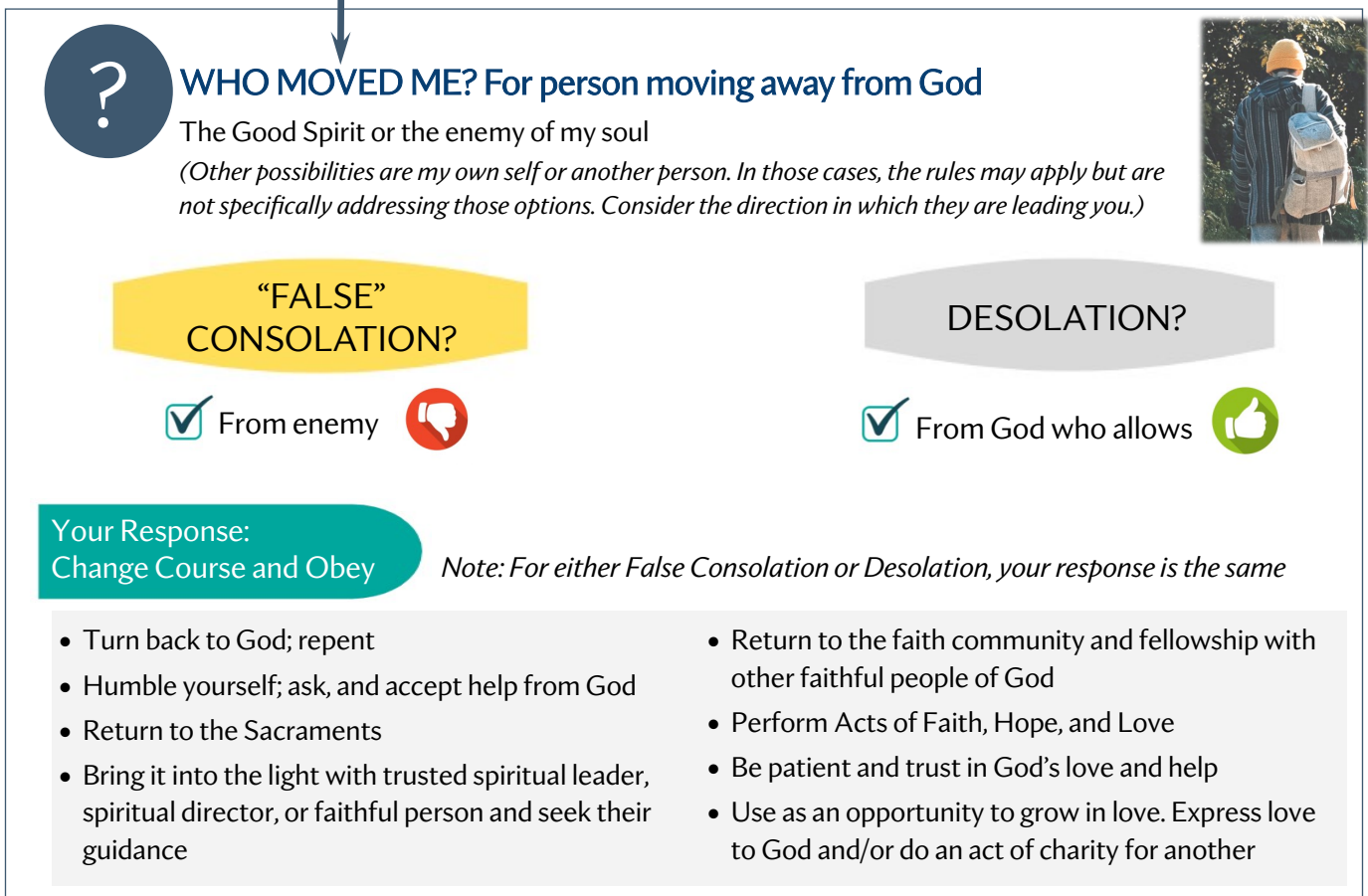
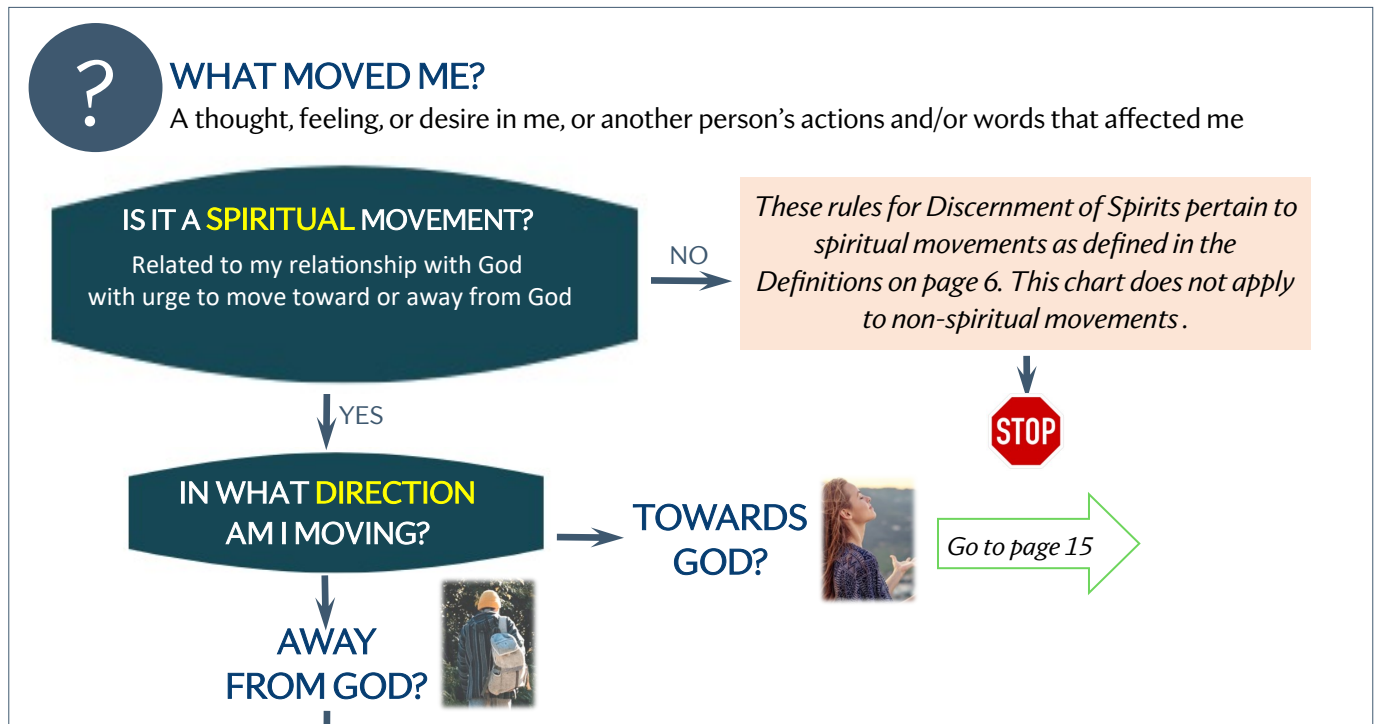


DISCERNMENT OF SPIRITS REFLECTION GUIDE

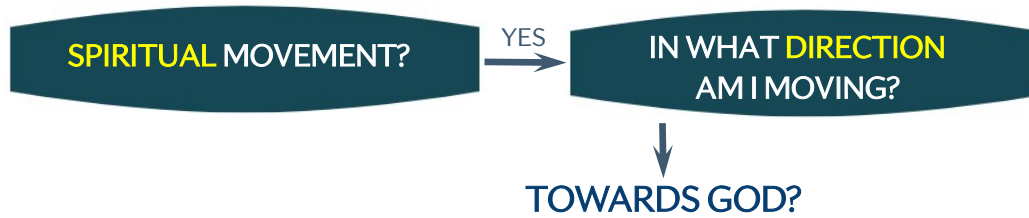
Using the FIRST Set of Rules for Discernment of Spirits by St. Ignatius of Loyola

Use this chart to determine who moved you and how to respond. Discerners seek to answer *WHAT* moved me and *WHO* moved me before an act of free choice to cooperate with the Good Spirit and reject the enemy.



DISCERNMENT OF SPIRITS REFLECTION GUIDE

Using the FIRST Set of Rules for Discernment of Spirits by St. Ignatius of Loyola



WHO MOVED ME? For person moving towards God

The Good Spirit or the enemy of my soul

(Other possibilities are my own self or another person. In those cases, the rules may apply but are



↓ YES



↓ YES



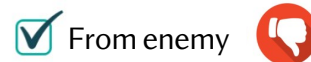
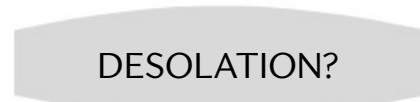
Your Response:
Receive and Express Love

- Cooperate with this grace
- Receive His love
- Relate to the Lord
- Express your love
- Make decisions to love and serve God better and to help fulfill His desires

Go to Reflection Guide Part II, page 14

NOTE:

Part II is a separate document using the second set of rules for discernment of spirits. To order, see page 20.



Your Response:
Reject and Counter

- During the desolation, do not make a change in direction, proposals, determinations, or a major life decision
- Bring it into the light with trusted spiritual leader or mentor
- Persevere, hope, and be patient, bear this trial, trust God to use it for good, relying on God's help and sufficient grace
- Resist the enemy's tactic, reject temptation
- *Agere Contra* (counter-punch): Do the opposite of the inspiration or temptation
- Recommit or stay faithful to existing commitments, prayer, meditation, sacraments, penances, and daily examen (intensify a little)
- Be attentive to the thoughts, watch for half-lies, deliberately recall God's graces and blessings, look for the actual whole truth and at the possible consequences to self and others if you followed this message; look for and speak truth.
- Use as an opportunity to grow in love; express love to God and/or others