

Notes 2/13/2016

### Spiritual Check-In

difficulties during past week (Satan)

Faithful  $\longleftrightarrow$  Trust  $\longleftrightarrow$  Joy  $\longleftrightarrow$  Strength

“Pregnancy is like Lent” - suffering/joy  $\rightarrow$  pain  $\rightarrow$  birth

Busy-ness, time crunch, distractions (esp. during Adoration)

Active - Contemplative

Ignatian Contemplation

Busy people tend to drop prayer first, but prayer should not be dropped.

Make a commitment to time & space for prayer.

Be aware of tendency to try to “control” prayer.

### Young man drawn to church

- sees actions of others in Mass

- questions choice

Motivation is evil spirit, causing him to be judgmental

Note this choice should be about his relationship with God.

He is blaming God for people’s behaviors. (What is his image of God?)

### Non-Catholics may come to us for SD.

- may not recognize “Natural Law”

Analogy - movie, people being loud; does that mean the movie is no good?

Focus should be on his relationship with God, not on making him a Catholic.

In this ministry, we talk about Scripture, Tradition, experience.

### The Principal and Foundation

Original purpose of human life - to reach God

Everything created is to help us with that purpose.

Everything we do should be towards that goal.

### “Active Indifference”

- does not mean we don’t care

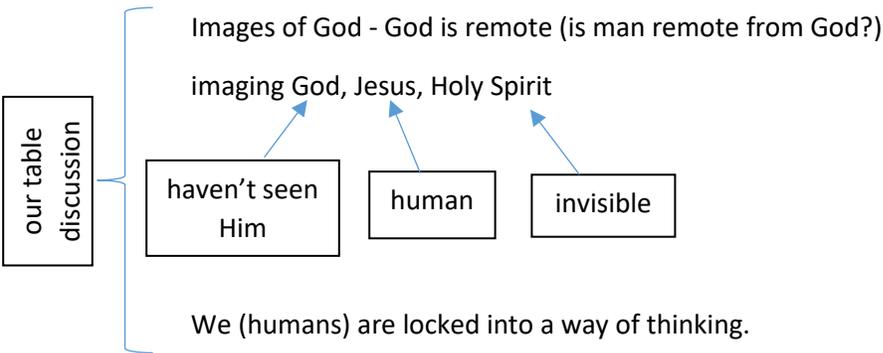
- means we keep all things in balance

- choices on grounds of what will direct me to original purpose
- ask “where will this path take me?”

Think back to Principal and Foundation when making choices.

Discussion - Readings pages 333 & 340

p.333



p.345

paragraph “In discussing the devil’s manner...”

p.335 last full paragraph “man’s...image of God is an idol...his choices and moods are governed by the false image he has”

At some point, the devil will come to you as an “angel of light”.

Remember 1<sup>st</sup> Principal and Foundation.

Before 2<sup>nd</sup> and 3<sup>rd</sup> weeks, need to be comfortable with idea of a loving, merciful God (stay in 1<sup>st</sup> week as long as necessary). “There is a God and he is loving and merciful.”

p. 336

“In St. Ignatius we have an image of God who works and labors for us. He puts himself at our service; he becomes our servant.”

Errors or insufficiencies in one’s image of God will show up in one’s image of man (eg, loner, remote...)

p337

“That freedom to see himself in all his negativity is what St. Ignatius called mortification, the death of man’s self.”

The more we have a false image of God, the more we are wrapped up in self.

“When you’ve got all the answers, it’s not from God.”

p337

“When God reveals to us what he is like...we are caught in a false self-image,” (You won’t understand who you are meant to be if you don’t understand relationship with God.)

Note Holy Spirit never tells you that you are “not good enough” (especially common amongst those preparing for consecrated life).

1<sup>st</sup> image of God comes from our own father. Note directees will have many different images of God.

In our spiritual journey, we first journey into ourselves.

Sometimes the director needs to consider whether difficulties with a directee's issues point to an issue within the director himself (who should in turn speak to his own director).

### DO NO HARM.

2<sup>nd</sup> article

p346

"St. Teresa insists on the necessity of spiritual direction..." In discussion with one's confessor, she is unwilling to limit the matter for discussion to one's sins. "You should speak to your confessor very plainly and candidly...in describing your experiences in prayer." Further, one should not act on locutions "without taking the advice of a learned confessor."

Spiritual Director should be separate from Confessor?

Why?

Are all priests good spiritual directors? NO - may not be a priest's gifts.

When SD relationship moves to friendship instead..?

When talk begins to be about other things (eg, ball games, his issues...), getting too comfortable, then what are the fruits of the Spiritual Direction?

p344

### Causes of Desolation

1. slothful, neglectful to prayer
2. God wishes to try us
3. God wishes to give us a true knowledge and understanding of ourselves

p351

Ignatius and Teresa say basically the same thing, but in different ways.

Note Ignatius was a lay person when writing exercises

- was writing for everyone not just priests and vowed men
- methodical instruction
- pre-Vatican II style
- active
- purpose: discernment of spirits

Teresa wrote for nuns of her order (women)

- sporadic teaching
- post-Vatican II style
- passive
- purpose: general growth in spiritual life

p349

“She considers a continual absorption in prayer of a continual experience of consolation in prayer to be very unsafe.”  
(can be misleading and deceptive experiences)

Everybody has different devotions (eg, Rosary, Crucifix...)

Important to realize and acknowledge my own “style” of spirituality - and thus my own biases

p345

“Teresa adds the aspect of recognizing the positive good the soul is receiving from God, and from that recognition, giving him praise and thanks. These focus on the more general growth of the individual. Teresa stresses our humility throughout the spiritual journey: ‘...without humility all will be lost.’”

p348

“Both the good angel and the evil spirit can give consolation to a soul, but for a quite different purpose...It is a mark of the evil spirit to assume the appearance of an angel of light. He begins by suggesting thoughts that are suited to a devout soul, and ends by suggesting his own.”

p347

Consolation without previous cause - always given by Holy Spirit

\*\* Assignment: Discernment of Spirits - Re-read ch 1 & 2, Read ch 3 & 4

\*\* Note we will meet on Friday evening AND Saturday in March

\*\* Retreat Date: June 10-12 (Friday-Sunday)

handout - Foundational Theology of Spiritual Direction (Fr. Joe Tetlow)

“Knowing what you are listening for...allows you to open up the gate to their interior life”

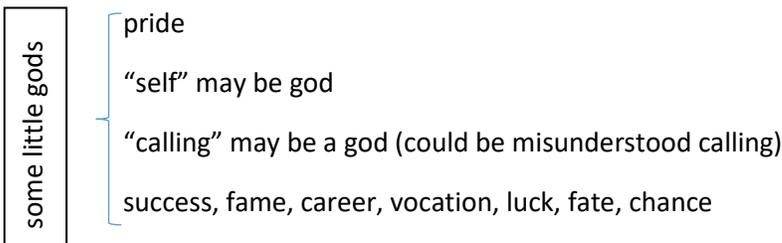
Discernment is needed as we need “gods” and find them around us.

### 1<sup>st</sup> Discernment

“god of gods”

“little gods” - If I come to belief in God, I will worship, honor, sacrifice for that god. My choices will be for that god.

case study - Olivia



Often we will profess a belief in God, but act in ways that indicate belief in a little god.

“Silence is God’s first language” (John of the Cross)