

SD Training Notes

March 12, 2016

Notes on Annotations (refer to annotations in Spiritual Exercises #1-20):

1. Any kind of prayer that you do is a “prayer exercise”.

“After the removal of inordinate attachments” - note this removal actually takes place throughout life

Natural Law - creation of the universe

1. We love God

2. We love our fellow humans

Anything that doesn't follow these,
is disordered, e.g. caring about

We want

wealth, fame, drugs, sex, etc.

people to name their disorders.

We want

to help them see that there is something going on, that

they need to see (e.g. not trusting God)

2. Helping the person to come to a better understanding of self

- could come about by their own reasoning

- could come about by the grace of God enlightening the person

Not just “knowing”

- we want them to understand self

- may go back to childhood, family of origin, culture, etc.

- we want the person to be free

3. Be sure person understands God as both friend and creator.

4. (skip)

5. Be sure the person is “generous with God”

- will come to sessions

- will be open

- they are free to speak to you

It is important to value and respect their ability to be free with you.

6. Director must ask the right questions so that directee will talk.

As directee becomes more comfortable, they may clarify to you and themselves (e.g. prayer frequency)

- when the person says it, they own it

7. If director observes person in desolation and tempted

- deal with them with kindness and gentleness

- lead slowly to acknowledgement of desolation

- encourage and strengthen directee for future (“doesn't sound like it's from the Holy Spirit...”)

- remind them that desolation is NOT God punishing them

8. Explain Rules for Discernment for 1st week of Exercises

- sinful person, encouraged by evil spirit to continue in sin

- Holy Spirit will “prick their conscience”

or

- person making progress, evil spirit will tempt him

- Holy Spirit encourages him not to listen and do those things.

When we talk about the “enemy”

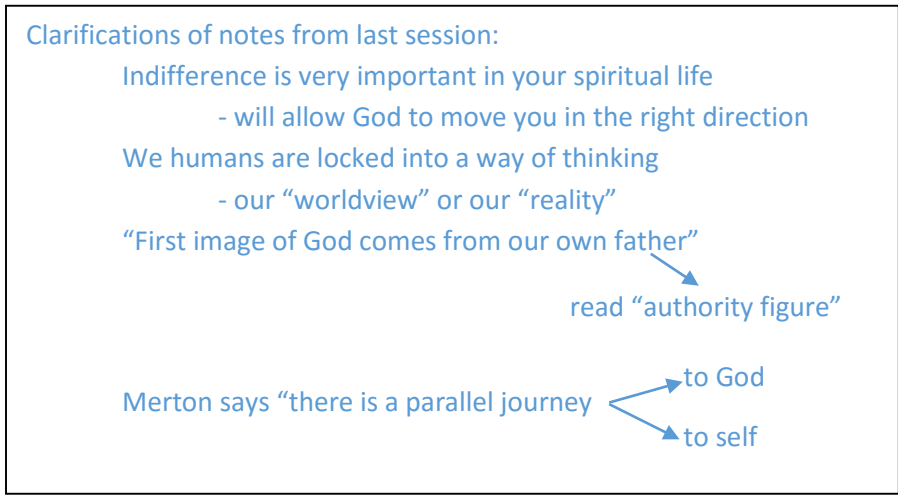
- could be the devil

- could be addiction, gender, culture, etc.

(intelligence ≠ spirituality)

9. person who is “unskilled in spiritual things”

- directee may not know how the Holy Spirit works
 - may be pre-Vatican II spirituality
10. evil spirit may come with false reasoning
- seems good but isn't really
 - may come to realization that "this isn't right"
 - retrace steps and change decision
- "angel of light" comes to everyone at some time
- promises false consolation
 - tempts/tricks you to make "false choices"
11. (skip)
12. (skip)
13. During consolation
- prayer is easy
- During desolation
- distractions can prevail
 - need to stay in prayer commitment
 - how prayer "feels" is not the point
- Can prayer be a disordered attachment?
- Yes, if it stops you from service to someone who needs it.
must discern what God is calling you to do
- Prayer is "time spent with God" - whatever form that may take (e.g. prayer or service)
- Discerning between two "goods"
- magis = "do whatever good is going to benefit more people"
 - (note the seriousness of the need must also be taken into account)
 - Part of discernment is to take steps to avoid burn-out.
 - We cannot assume that we will always make the right choice. We can only make what we hope is the best choice.
 - Ignatius says that the human heart is naturally moved to help others.
14. Warn directee not to be hasty with promise or vow.
15. Give permission/help to let God/Holy Spirit help them.
- can ask what they feel God is drawing them to. (Let God reveal Himself)
16. If soul is drawn to disordered thing, you must desire the opposite
- God will give you that grace (pray for it)
- ↓
- or pray for the desire to have
the desire to do the right thing
17. Directee needs to be willing/able to talk about their interior life
- can take time to "get to the point"
 - sometimes they don't need to be there
- 18-20. - types of retreats
- 18 - abbreviated retreat for those not accustomed to spiritual exercises
 - 19 - spiritual exercises over 9 months, meeting weekly
 - 20 - spiritual exercises over 30-40 days



Case Study - Justin (two variations discussed)

LUNCH

Prayer Life

Judging another's prayer life is difficult.

note: We don't judge another's prayer life.

We want them to assess their own.

If they have been praying, the Holy Spirit will be working in their lives.

** Exercise #316 "of Spiritual Consolation"

Consolation	Desolation
1. interior movement → God 2. quieting 3. peaceful 4. faith, hope, love If a movement acts contrary to faith, hope, and love, it is not Consolation 5. joy 6. hopeful 7. sorrow for sin 8. increase in love for God ("inflamed passion")	1. fear 2. anxiety 3. confusion 4. angry 5. darkness 6. turmoil 7. lack of faith, hope, love (despair)

Consolation can come from good spirit.

False Consolation makes you feel good, but comes from evil spirit/from doing what you should not do.

Absence of Consolation can feel like Desolation.

Consolation is not a feeling; it's a movement.

How do you distinguish whether a person is in Consolation or Desolation?

- prayer life does not necessarily indicate

Desolation is opposite of Consolation.

Depression closely resembles Desolation.

Our culture leads us to depend on ourselves, rather than God - that is, towards Desolation.

Forms of Spiritual Consolation

Gallagher Contents for Chapter 3 (basically the same as Ignatius):

- "when 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 in itself, but only in the creator of them all"
- "when it sheds tears that move to love of its Lord"
- "finally, I call Consolation every increase of hope, faith, and charity"
- "and all interior joy that calls and attracts to heavenly things"

Consolation moves man to tears (for love of God).

Ignatius felt that to be moved to tears was a great gift from God.

There are times when God withdraws Consolation:

1. when He wants us to know that God controls (it is a gift from God)
2. when He wants to test us (so we will know that we are strong with God)
3. when we become tepid and slothful in prayer ("lukewarm")

Angel of light gives false Consolation (has nothing to do with God, but "feels good")

Ignatius calls this "the tail of the serpent"; says to go back to the point of decision, investigate why and how you made that choice.

Ignatius says:

When in Desolation

1. no major decisions should be made
2. know that it is temporary
3. do not change a choice

There are times when we are in neither Consolation nor Desolation.

Prayer, hope (or lack of these) are indicators of Consolation or Desolation.

"Dryness" in prayer is similar to Desolation

- could be God raising you to a higher level (or "deeper" level) of prayer

When dealing with a director, be careful not to jump too quickly to Desolation; it could be dryness.

****HOMEWORK****

Case Studies: Justin 1,2,3,4 - resolve them for next time

Case studies - discussion (Sophie, Shirley, Joe, Peter)

Ignatius said “Always be ready to walk IN THEIR door, so that they can walk OUT YOUR door.”

A Spiritual Director is called to help people get to a good place, spiritually.

You need to understand what you CAN and CANNOT do.

******HOMEWORK******

Read Barry & Connolly chapter 4

Read yellow Fleming book:

- p95 3 Dimensions of Spiritual Direction by Alice McDowell

- p123 Distinction Between Psychological and Religious Counseling

Prepare TWO case studies

APRIL MEETING - FRIDAY APRIL 8, 6:00PM-9:00PM and SATURDAY APRIL 9, 9:30AM-4:00PM