

**Spiritual Director training notes**  
**May 14, 2016**

Directee must want to be there

- may not have vocabulary
  - should - go to church
  - pray at least sometimes
  - know something is lacking
  - be coming to resolve that issue

**Relationship with God** is a friendship or love-relationship

Information is transmitted  
God cares what happens to us  
wants us to have a good life  
How do we respond?

**Orientation of our life**

Why am I here?  
As we grow, we discover an orientation in our lives  
Most of us here are orientated towards God; many are not  
\*Be able to ascertain your life, to say “This is what I want my life to be about.”

**Rule 1**

For people who have turned away from God  
Evil spirit helps them to rationalize behaviors  
Good Spirit “pricks the conscience”

**Rule 2**

For people orientated towards God  
Evil spirit will try to convince them to rationalize  
“Everyone else is doing/thinking this”  
You must be able and willing to dig through lies to find truth  
It can be unclear what comes from the evil spirit, and what comes from the Holy Spirit  
Holy Spirit pricks conscience if a person does wrong  
Need good prayer life to work through this  
Feel sense of peace  
peace of mind } if not present, need to explore “why”  
                          } In Desolation?  
joy, hope, love  
God may remove Consolation  
to teach humility

\*\*\*Read Rules for Discernment of Spirits periodically (study, learn, memorize)\*\*\*

Being in Consolation does not mean everything will be good.

BREAK

Case Study: A Case About Judgment

**Lonegan's Wheel of Insight**

**EXPERIENCE**

**REFLECTION - longest, most comprehensive**

**JUDGMENT - hardest for us to do**

**ACTION**

Class discussions invaluable

- learn most from those

- just reading is not enough

This is a call by the Holy Spirit.

Case Study: Anna

LUNCH

“Judging” and “Being Judgmental” are different.

↓  
could say “assessment”  
(or awareness of  
the situation)

↓  
“condemning”

Case Study: Brett

Areas of Life → Spiritual  
→ Domestic  
→ Professional

Dossier is a good tool to begin with.

BREAK

Role Play

Case Study: Joseph

Case Study: Rose & Harry

Case Study: Marie

\*\*\*Retreat in June\*\*\*

\*\*\*Homework - PRAY\*\*\*

