

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.

