

November 14, 2015 notes

MORNING SESSION:

Spiritual Direction – what is it?

Who is God to me?

Who am I to God?

Men do not have the vocabulary to talk about their interior lives. Women have a better grasp of the interior language.

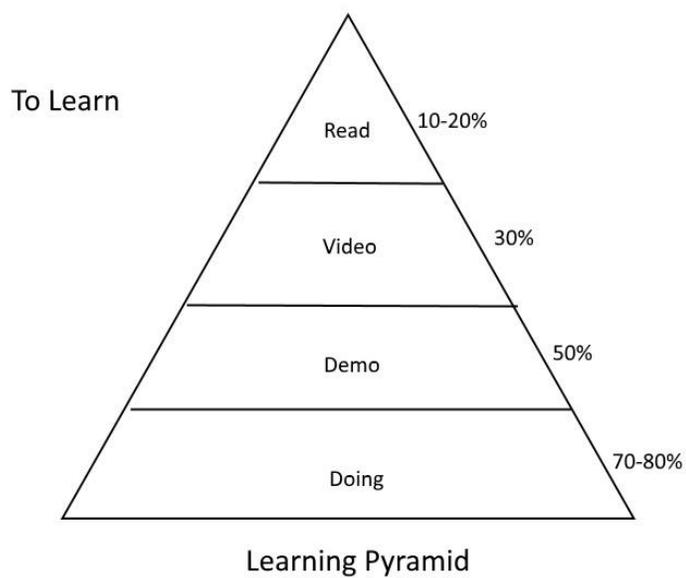
William Barry says “Friendship with God means that He meets you where you are, because that’s how He created you.”

Fleming – “Language of God”

We need to pray the Scripture, not just read it.

Image of God – often based on experience of father in childhood.

Learning Pyramid



To Know – must gather info, judge info, decide if valuable, act on it.

(Don Knoop Case Study discussion)

HOMEWORK #1 – Write TWO case studies (1/2 to 1 page). Be prepared to respond if someone says “What question do you want to ask? (Note handout “Case Study Synopses” can be used for your case studies...expand the basic theme to accommodate your case.

Questions to ask: prayer life (specific)

Image of God

Relationships with family and friends

As spiritual guides, we need to validate the person’s situation (including suffering), and to give feedback so directee can judge what to do.

Case Study Synopsis handout (attached to this email) – consider the 20 cases identified, and decide which ones would be better served by pastoral counseling than by spiritual direction. Consider which of the cases you might be willing to take on for spiritual direction.

AFTERNOON SESSION:

Discernment of Spirits

Ask “is it from God?” and If so, “where is it leading me?”

1st Week of the Spiritual Exercises

	Holy Spirit	Sinner	Enemy
1 st Rule	Prick your conscience	Major sins	Encourage to continue
2 nd Rule	Encourage the progress	Making progress	Prick your desires “for what you gave up”

Two movements in a person:

Towards God.....or.....away from God (toward the sensual)

Who is the enemy? (not always Satan). Can also be flesh, sex, devil, world, culture, desires, experiences, and more.

We often make decisions because of cultural influences. We can then become creatures of habit.

The devil tempts us with things that appear to be good, e.g. working on good things to the detriment of family life.

DISCERNMENT = taking time to figure out

Discouragement comes from the evil spirit, never God

Encouragement can come from either.

Movement towards God = CONSOLATION (but evil spirit, taking on the guise of good, grants false consolation)

Movement away from God = DESOLATION

“The enemy of good is perfection.”

Discussion of two printed case studies (attached)

Pay attention to the movement of spirits.

Pay attention to consolation or desolation.

Pay attention to what it sounds like is its origin.

HOMEWORK #2 – Write TWO MORE cases on 1st week discernment, using the first two Discernment of Spirit rules (one to illustrate the first rule, and one to illustrate the second rule).

THE EXAMEN

1. Thank God.
2. Ask for grace (clarity understanding, etc).

3. Examen (last 6 hrs, 12 hrs, 2 days, etc).
4. Thank God for the grace He gave you for this examen.
5. Resolve and look forward to tomorrow.

HOMEWORK #3 – Read Barry & Connolly chapters 3, 4, and 5. We will be discussing these at the coming meeting. Be sure to bring your FOUR case studies with you to the meeting, as we will be going through those as well.