

Montserrat Spiritual Companion Program  
Diocese of Tyler – September 10th, 2016

1. Opening Meditation
2. Review of Prayer
  - Meditation
  - Contemplation
  - Consideration
  - Prayer of Fantasy
3. Review of Rules for Discernment of Spirits (5-7)
4. Cases & Role Play
5. Lunch
6. Rules for the Discernment of Spirits (8-9)
7. Cases & Role Play
8. October Assignments – Gallagher Text, Chapters 10 & 11; Meditation on 'The Two Standards'
9. Q & A – Closing Prayer

## Case Study – for September 10, 2016

Gloria is in her 60's. Her husband died a few years ago, and her grown children live with their families in another state. She is on good terms with all her family, but the distance and expense of traveling results in her seeing them only two or three times a year. She has a number of friends and a few close friends. She travels some with these friends. Some of her friends encourage her to look for a husband, but she is not sure just what God is calling her to right now.

Gloria is a practicing Catholic who loves attending mass and learning more about her faith. She avails herself of opportunities in her parish to participate in adult faith formation. She looks forward to her regular prayer times in the morning just after waking and during her adoration time. Her relationship with Jesus has grown over the years since she began living alone.

There is no big problem, but more of a nagging little problem. At the end of Gloria's prayer times, she sometimes feels like she was too distracted by her thoughts to really pray. At other times she thinks she was just "going through the motions." As this has become more frequent lately, Gloria has started feeling distressed about the situation and is wondering what to do about it or what changes she needs to make. She asks you what a really "good" prayer life should look and feel like.

## Case Study

Tom and Sally are in their 50's. They are lifelong Catholics who are strong in their faith. They have been married for 30 years. Tom has been diagnosed with a very serious disease. They are seeking spiritual direction as a couple in order to help them deal with their medical crisis in the most faithful way possible.