

St. Ignatius Rules of Discernment

Concrete Guidance to Become a True, Free Child of God

Below is a summary of the first 14 Rules of St. Ignatius. For more details, obtain: *The Discernment of Spirits: An Ignatian Guide for Everyday Living* (by Fr. Timothy Gallagher, O.M.V.)

Initial Principles

-The first premise is that God love us and wants a deep friendship with us. He is active in our lives. Since He is our Creator and has a plan for our lives, He cares about our decisions. St. Ignatius gives us rules to help us develop this friendship and to make good decisions. Following God's plan keeps us spiritually healthy.

-God's will is something we can know, but we cannot be sure that we know it perfectly.

-We are capable of doing God's will once we properly discern it. Learning to interpret our feelings/emotions is one of the best ways to discern God's will for our choices in life. St. Ignatius believed that God deals directly with us. He works in our minds and our feelings.

-We can have alternating moods, but they are full of spiritual meaning. The trick is to understand that meaning.

-Discernment refers to the process of making decisions. Decisions lead to more decisions.

-We don't have to have it all together to make sound decisions. We don't have to be perfect. We don't need to be deterred by imperfect knowledge and murky circumstances. If we are earnestly seeking God, we won't get off track too far. Sometimes we will make mistakes. The decision is not the goal. The goal is to grow in relationship with God. We should say: "I want and I choose what better leads to God's deepening life in me."

Keys Terms

-**Spirits**: affective stirrings/movements of the heart: joy, sadness, hope, fear, peace, anxiety, etc.

-**To discern spirits**—process by which we distinguish between different kinds of spiritual stirrings in our hearts, identifying those that are of God and those that are not, in order to accept the good and reject the bad. E.g., when you go into a home, you may sense that something is not right; or, you may feel peace.

-**"Evil spirit"/"enemy"** = demons, our own weak tendencies which spring from egoism and disordered sensuality, individuals who can lead us away from God to some extent, and bad worldly thinking.

-**"Good spirit"** = God, angels, theological virtues implanted in us from Baptism, influences for good (saints, family members, good friends, the Bible, *Catechism*, and other good books)

Steps to Advance Spiritually and Make Decisions

1. Become aware of the stirrings in our hearts.

2. Understand—reflect on the stirrings and notice what is from God and what is not. (We must continue to study the Bible and the *Catechism of the Catholic Church* in order to know what is truly from God and to form our conscience.)

3. Take action—accept and live according to what is of God; reject and remove from our lives what is not of God.

H.U.A. Listen to the stirrings of your heart.

Understand—is it of God or not of God? If it is not of God, pray it away and reject it. If it is of God, act on it.

First Rule. In persons who are going from mortal sin to mortal sin, the **enemy** is ordinarily accustomed to propose apparent pleasures to them, leading them to imagine sensual delights and pleasures in order to hold them more and make them grow in their vices and sins. In these persons the **good spirit** uses a contrary method, stinging and biting their consciences through their rational power of moral judgment.

Second Rule. In persons who are going on intensely purifying their sins and rising from good to better in the service of God our Lord, the method is contrary to that in the first rule. For then it is proper to the **evil spirit** to bite, sadden, and place obstacles, disquieting with false reasons, so that the person may not go forward. And it is proper to the **good spirit** to give courage and strength, consolations, tears, inspirations, and quiet, easing and taking away all obstacles, so that the person may go forward in doing good.

Third Rule. Definition of **spiritual consolation**.

Consolation is when some interior movement is caused in the soul, through which 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. Likewise when it sheds tears that move to love of its Lord, whether out of sorrow for one's sins, or for the passion of Christ our Lord, or because of other things directly ordered to his service and praise. Finally, consolation is every increase of hope, faith, and charity, and all interior joy that calls and attracts to heavenly things and to the salvation of one's soul, quieting it and giving it peace in its Creator and Lord.

Fourth Rule. Definition of **spiritual desolation**.

Desolation is all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to low and earthly things, disquiet from various agitations and temptations, moving to lack of confidence, without

hope, without love, finding oneself totally slothful, tepid, sad, and, as if separated from one's Creator and Lord. For just as consolation is contrary to desolation, in the same way the thoughts that come from consolation are contrary to the thoughts that come from desolation.

Fifth Rule. When in desolation, do not change your goals or your prayer life.

[If you say the Rosary everyday, keep saying it everyday no matter how you feel.]

Sixth Rule. When in desolation, be active and work against it by doing more prayer, meditation, examination (of root causes), and penance.

Seventh Rule. When in desolation, know that the Lord is really with you and has given you enough grace to resist agitations and temptations from the enemy. This is a test for you. Trust that the Lord is near and has given you enough grace for eternal salvation. Keep calling out to Him.

Eighth Rule. When in desolation, be patient and know that the Lord will soon console you. Again, keep working against the desolation as in the sixth rule.

Ninth Rule. There are three principal causes for desolation: (1) you are tepid, slothful, or negligent in your spiritual exercises (prayer and study); (2) God is testing you; and/or (3) you need to realize that consolation is a gift and grace from God and that you did not achieve it (protects you from pride).

Tenth Rule. When in consolation, strengthen yourself and think about how you will act when desolation comes again.

Eleventh Rule. When in consolation, be humble and thank God for this grace. When in desolation, take strength in God and know that, again, He has given you sufficient grace to resist the enemy.

Twelfth Rule. The evil spirit is a bully. You must confront him head on and be firm and oppose him. If you do not, he will take advantage of your weaknesses and weaken you further.

Thirteenth Rule. The evil spirit conducts himself as a false lover in wishing to remain secret and not be revealed. Reveal secret evil thoughts, temptations, and problems to a good confessor or to another holy confidant—those who know how the enemy works.

Fourteenth Rule. The evil spirit will attack you in your weaknesses. Know your weak points and strengthen them quickly with the Lord. Again, apply the sixth rule.

[Acronym for capital sins: PALE GAS = pride, anger, lust, envy, gluttony, avarice, sloth.]

-Caution: If you are suffering from mental illness, you could misinterpret these simple rules and end up “beating yourself up” and making your spiritual life worse. Therefore, please bring these rules to your therapist and discuss if you should be using them at this point of your treatment.

Breastplate of St. Patrick (Modified)

[N. = name of someone else or “myself.” “My” or “me” can replace his/him/her.]

I bind N. today to a strong virtue, an invocation of the Trinity. I believe in a Threeness, with confession of an Oneness in the Creator of the Universe.

I bind N. today to the virtue of Christ's birth with His Baptism, to the virtue of His Crucifixion with His Burial, to the virtue of His Resurrection with His Ascension, to the virtue of his coming to the Judgment of Doom.

I bind N. today to the virtue of ranks of Cherubim, in obedience of Angels, in service of Archangels, in hope of resurrection for reward, in prayers of Patriarchs, in preaching of Apostles, in faiths of Confessors, in innocence of Holy Virgins, in deeds of righteous men.

I bind N. today to the virtue of Heaven, in light of Sun, in brightness of Snow, in splendor of Fire, in speed of Lightning, in swiftness of Wind, in depth of Sea, in stability of Earth, in compactness of Rock.

I bind N. today to God's Virtue to pilot him/her, God's might to uphold him/her, God's wisdom to guide him/her, God's eye to look before him/her, God's ear to hear him/her, God's Word to speak to him/her, God's hand to guard him/her, God's way to lie before him/her, God's shield to protect him/her, God's host to secure him/her, against snares of demons, against seductions of vices, against lusts of nature, against every one who wishes ill to him/her, afar and anear, alone and in a multitude.

So have I invoked all these virtues between N. against every cruel, merciless power which may come against his/her body and his/her soul, against incantations of false prophets, against black laws of heathenry, against false laws of heretics, against craft of idolatry, against spells of women and smiths and druids, against every knowledge that defiles men's souls.

Christ to protect N. today, against poison, against burning, against drowning, against death-wound, until a multitude of rewards come to N.!

Christ with him/her, Christ before him/her, Christ behind him/her, Christ in him/her! Christ below him/her, Christ above him/her. Christ at his/her right, Christ at his/her left! Christ in breadth, Christ in length, Christ in height!

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Christ in the heart of everyone who thinks of him/her,
Christ in the mouth of everyone who speaks to him/her,
Christ in every eye that sees him/her, Christ in every ear
that hears him/her!

I bind N. today to a strong virtue, an invocation of the
Trinity. I believe in a Threeness with confession of a
Oneness, in the Creator of the universe. Salvation is the
Lord's, salvation is the Lord's, salvation is Christ's. May
Thy salvation, O Lord, be always with us. Amen.

The Meaning of the Mass

At every Mass, the life, death, resurrection, and
ascension of Jesus is offered back to the Father so that
invisible power can come upon us each day for mercy
and forgiveness. So Jesus' entire life was a prayer for us,
and the pinnacle was His death on the Cross. **John 15:13**
states: "No one has greater love than this, to lay down
one's life for one's friends." Since Jesus' death is re-
presented to the Father, the Mass is a funeral. Since
Jesus conquered death and rose from the dead, and wants
us to be with Him, Mass is also the Wedding Feast of the
Lamb. Since Jesus' suffering and death (very painful and
bloody) is re-presented to the Father, we don't have, in
general, cushy chairs, Starbuck's coffee during the Mass,
and a praise band in the center of the sanctuary. We are
at a Funeral and a Wedding. How do you dress for these
events?

Many people do not dress up for Mass because no one
has addressed this issue or they do not know what Mass
is. Gentlemen, I humbly ask you to dress up a little for
Mass. Nice slacks and a collared shirt would be nice for
you to glorify Almighty God, what He has done for all of
us, and what He intends to do for us in the future. Please
become the spiritual leaders and examples that God has
called you to be. Dressing up demonstrates your
commitment to God and will increase your merit before
Him. Become a great saint. If you dress up, the women
will do the same.

By the way, priests wear black because Jesus died for
us, and they are supposed to be detached from the world.

Upcoming Church Celebrations

-July 26, Thurs, St. Anne: Mass at 5 p.m.; then dinner

-July 29, Sun, St. Ignatius, Mass at 1 p.m.; then BBQ

-August 5, Sun, Our Lady of the Snow. Mass as usual at
9:30 a.m. with the Musicians of St. Clare, followed by a
potluck meal outside or in the basement.

Sports-Bible Camp; July 19-20

-Days: Thursday-Friday

-Time: 8:30 a.m. – 2:30 p.m.

-Where: Fraser Valley Sports Complex.

-For boys and girls: kindergarten completed through
6th grade completed.

-Typical sports: volleyball (this is a real sport;
everything else is just a game), basketball, soccer, martial
arts. **-No cost.**

Pregnancy Resource Connection (PRC) Open House

-When: Saturday, July 14 from 3-6 p.m.

-New Location: 3 Ten Mile Road in Granby

-Food: The grill will be going and there will be fun for
the entire family

-Check it out: Over 100 motorcyclists from the Christian
Motorcyclist Association will be driving by at 3 p.m.

Life and Legacy Golf Tournament

When: Friday, July 20 **Where**: Grand Elk Golf Course,
Time: 7:30 a.m. breakfast, 8 a.m. registration, 9 a.m. tee-
off. **Registration**: \$135/golfer; \$500/team; PRC: 970-
887-3617 **Proceeds**: Pregnancy Resource Connection
and WPCS

Calendar of Events

-Jul 26 (Thu). Celebration of Saints Joachim and Anne:

Mass at St. Anne at 5 p.m. followed by potluck dinner

-Jul 29 (Sun). Celebration of St. Ignatius: Mass, 1 p.m.,
followed by meal at All Smoked Up BBQ

-Aug 5 (Sun). Celebration of OLS. Mass at 9:30 a.m.
followed by a potluck meal

Mass Collections, June 30 – July 1

St. Anne	\$ 4156
St. Bernard	2146
Our Lady of the Snow	3076
St. Peter	1935
St. Ignatius	1703
Total	\$13056

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat—Patrick DiLoreto & Micah Flores

Sun—Kevin Kasel & Miguel Mendoza

Mon—Clayton Milla & Samuel Munson

Tue—Manuel Alarcon & Sile Kone

Wed—Carlos Mejia & R.D. Braz

Thu—Holy Vocations to marriage

Fri—Increase in vocations to priesthood/religious life

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;

OLS = Our Lady of the Snow

-Sat, Jul 7, StA, 5 p.m., John Negri

-Sat, Jul 7, StB, 5:30 p.m., People in our region & visitors

-Sun, Jul 8, StB, 7 a.m., Timothy and Jodee Seitz

-Sun, Jul 8, OLS, 9:30 a.m., Maria Miodonski

-Sun, Jul 8, StA, noon, Peter and Kathleen Brownell

Weekday Masses

-Mon, Jul 9, StA, 8:30 a.m., +Mary Elizabeth Hensley

-Tue, Jul 10, OLS, 7:30 a.m., +Thomas Schlagel

-Wed, Jul 11, StB, 8:30 a.m., Ann Sawicki

-Thu, Jul 12, **OLS, 8:30 a.m.**, Peter/Kathleen Brownell

-Fri, Jul 13, **OLS, 8:30 a.m.**, Doug and Geri Frost

Mass Intentions and Schedule for StP and StI

KEY: StP = St. Peter; StI = St. Ignatius (Walden)

-Sun, Jul 8, StP, 10 a.m., Larry Whitty

-Sun, Jul 8, StI, 1 p.m., People in our region and visitors