

## 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!

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 an 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.

### Schedule Changes This Week

Recall that we have Sports-Bible Camp this week. Both priests will be working the camp. So the office will be closed on Thursday and Friday. Also, there will be Mass at Our Lady of the Snow on Thursday and Friday, but the start time will be 7:30 a.m. with a Divine Mercy Chaplet following, but no Holy Hour.

### A Way to Rest in God: The Daily Examen

St. Ignatius Loyola included in his Spiritual Exercises a prayer called “the Examen.” Here is a simple rendering of some key elements:

1. Place yourself in God’s presence. Give thanks for God’s great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God’s plan. Talk to Him. Be specific, and conclude with the “Our Father.”

### Wisdom of The Dialogue of St. Catherine

Summary of Chapter 25. The Father has answered some of St. Catherine’s questions. He has asked her to be a prayer warrior. She is so thankful that she prays. Here is the beginning of her prayer:  
“O immeasurable tender Love! Who would not be set afire with such love? What heart could keep from breaking? You, deep well of charity, it seems You are so madly in love with Your creatures that You could not live without us! Yet You are our God, and have no need of us.”

Summary of Chapter 26. Jesus is the “bridge” to heaven. He has three “stairs”: (1) His feet, (2) heart, (3) mouth. These are the three spiritual stages. The first stair/stage is the feet, which symbolizes the affections. “For just as the feet carry the body, the affections carry the soul.” The affections are our desires. Catherine desired to be close to God and feel His presence. “At the first stair, lifting the feet of her affections from the earth, she stripped herself of sin.”

Once one has climbed onto the feet of Jesus, he/she can see into Jesus’ opened heart and begin to feel the love Christ has for him/her. This second stair is where one begins to practice virtue (repeated good acts) for love of God.

After stripping oneself of sins and practicing virtue, one can reach the third stair, Jesus’ mouth. He speaks peace to us. Christ on the cross would raise everything to Himself. The human heart is drawn by love, and with all its powers: memory, understanding, and will. Also, everything we have was created to serve our needs. When we are lifted up, all our things are ordered correctly and used properly for God.

### Second Collection for Poor Churches in Africa Next Weekend, July 20 – 21

### Future Church Celebrations with Meals after Mass

- July 27 (Sat), StA. Right after 5 p.m. Mass.
- July 31 (Wed), StI. Right after evening Mass.
- Aug 4 (Sun), OLS. Right after 9:30 a.m. Mass.

### Sports-Bible Camp; July 18-19

- Days: Thursday-Friday
- Time: 8:30 a.m. – 2:30 p.m.
- Where: Fraser Valley Sports Complex.
- For boys and girls: kindergarten completed through 6<sup>th</sup> grade completed.

### Calendar of Events

**-Jul 18-19 (Thu-Fri).** Sports-Bible Camp

#### Mass Collections, July 6 – 7

St. Anne	\$ 4928
St. Bernard	2659
Our Lady of the Snow	2910
St. Peter	748
St. Ignatius	900
<b>Total</b>	<b>\$12145</b>

#### Vocations Prayer Calendar

*Please pray for our seminarians every day.*

**Sat**—Hernaldo Arrieta & Felipe Colombo

**Sun**—Juan Madrid & Davide Milani

**Mon**—Joseph Bui & Patricio Chuquimarca

**Tue**—Daniele Arienzo & Peter Brancale

**Wed**—Joseph Do & Rommy Munoz

**Thu**—Javier Moretten & Jose Medina

**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 13, StA, 5 p.m., People in our region/visitors

-Sat, Jul 13, StB, 5:30 p.m., Tim and Trish McNutt

-Sun, Jul 14, StB, 7 a.m., Church Healing/Reparation

-Sun, Jul 14, OLS, 9:30 a.m., Adele O’Toole

-Sun, Jul 14, StA, 12 noon, John and Beryl Olhasso

Weekday Masses (TLM = 1962 Traditional Latin Mass)

-Mon, Jul 15, StA, 8:30 a.m., Mary Wells

-Mon, **Jul 15**, OLS, 10:30 a.m. **TLM**, Fr. M. intention

-Tue, Jul 16, OLS, 7:30 a.m., Catholic Foundation, B.W.

-Tue, **Jul 16**, OLS, 10:30 a.m. **TLM**, Fr. M. intention

-Wed, Jul 17, StB, 8:30 a.m., Mark and Mary Prather

-**Thu**, Jul 18, **OLS**, 7:30 a.m., Steve and Jan Robar

-**Fri**, Jul 19, **OLS**, 7:30 a.m., Steve McGinn

#### Mass Intentions and Schedule for StP and StI

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

-Sun, Jul 14, StP, 10 a.m., People in our region/visitors

-Sun, Jul 14, StI, 1 p.m., Mark and Debbie Goulette