



St. Ignatius of Loyola's Rules for Discernment of Spirits

Session 3
October 27, 2020



Rules 1-4

1. When a person is moving away from God
2. When a person is moving toward God
3. Spiritual Consolation
4. Spiritual Desolation



Rules 5 - 8

5. No changes while in
Spiritual Desolation

6. Change yourself

7. Thinking as God thinks:
He has left us sufficient
grace

8. Push through with
unshakeable patience

Fifth rule. The fifth: in time of desolation never make a change, but be firm and constant in the proposals and determination in which one was the day preceding such desolation, or in the determination in which one was in the preceding consolation. Because as in consolation the Good Spirit guides and counsels us more, so in desolation the bad spirit, with whose counsels we cannot find the way to a right decision.



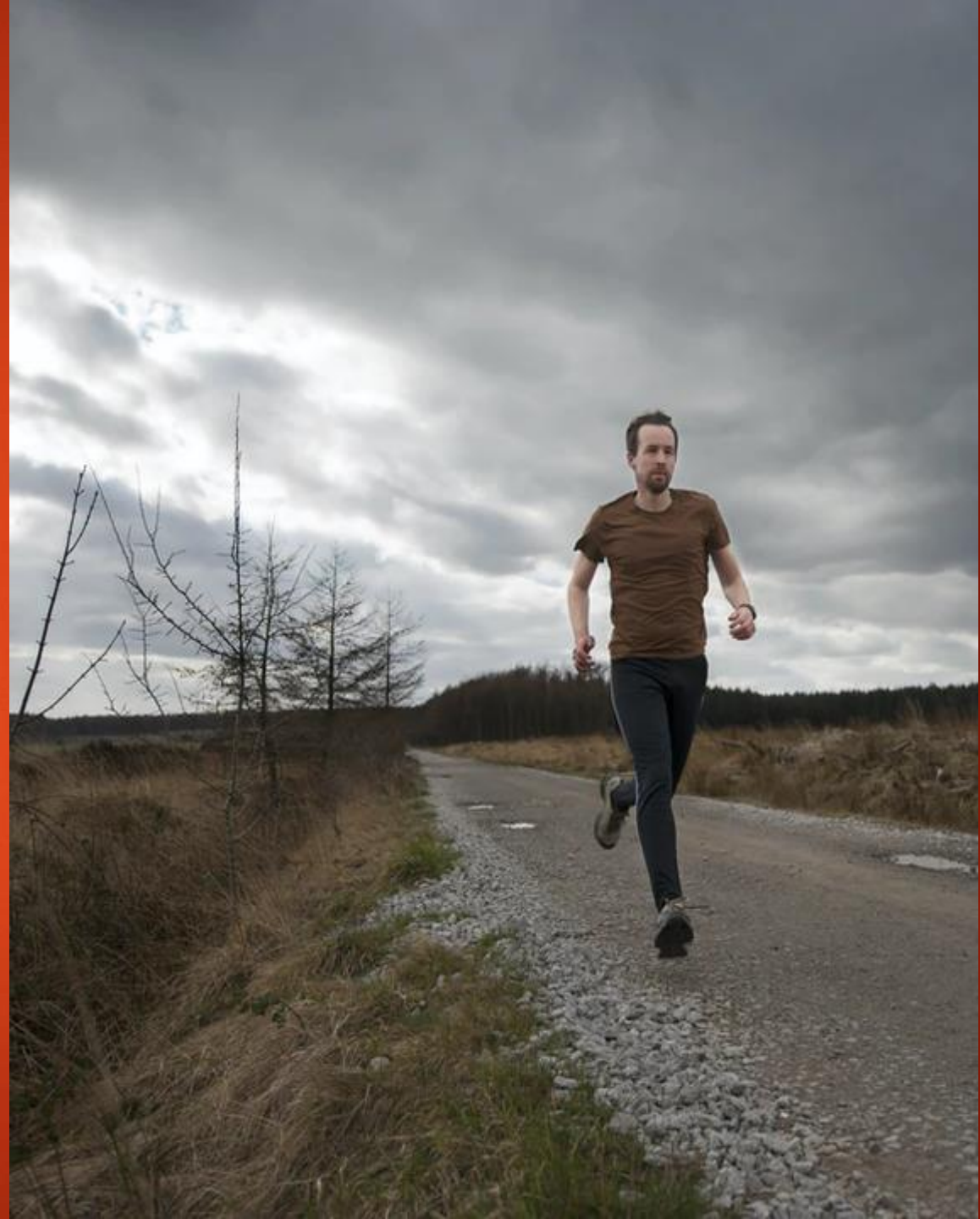
Sixth rule. The sixth: although in desolation we should not change our first proposals, it is very advantageous to change ourselves intensely against the desolation itself, as by insisting more upon prayer, meditation, upon much examination, and upon extending ourselves in some suitable way of doing penance.



Seventh Rule. The seventh: let one who is in desolation consider how the Lord has left him in trial in his natural powers, so that he may resist the various agitations and temptations of the enemy; since he can resist with divine help, which always remains with him, though he does not clearly feel it; for the Lord has taken away from him His great fervor, abundant love and intense grace, leaving him, however sufficient grace for eternal salvation.



Eighth Rule. The eighth: let one who is in desolation work to be in patience, which is contrary to the vexations which come to him, and let him think that he will soon be consoled, diligently using the means against such desolation, as is said in the sixth rule.



Next Week:

The Action Rules

Rules 9 - 11



Bad rule follower!



**KEEP
CALM**

&

**FOLLOW
THE RULES**

Homework:

Reflect:

- ▶ What struck a chord with you the most from today's material?
- ▶ How might applying these rules have made things easier for you at a particular time in your life?