

IGNATIAN DISCERNMENT (SP1-05)

Session 2 – Spiritual Movements

Thursday, April 26, 2018

7:00 Gathering Prayer and Check-in

7:15 Review Assignment:

In His Spirit, Chapter 1, Two Models of Spirituality.

Reactions, insights, learnings? Collect written assignment #4.

What Do You Really Want? Chapter 1

7:30 Spiritual Movements

Importance of feelings in discernment

Spiritual movements: movements/counter-movements

Images of contrasting forces/voices in our experience

Based on Rules 1 (#314), 2 (#315)

Rules 3 & 4 are also spiritual movements (consolation and desolation)

7:50 Reflective Exercise

Identify an experience of consolation in your own life.

Identify an experience of desolation in your own life.

8:10 Break

8:20 Consolation and Desolation

Introduce the concept of consolation and desolation

Examples of consolation and desolation in our experience

8:45 Reflective exercise:

Recognizing consolation/desolation in case studies #1 and #2

9:00 Group Process: faith sharing

Sharing an experience of consolation or desolation

9:20 Assignment

Read

In His Spirit, Chapter 2, pp. 35-54

What Do You Really Want? Chapter 2

Write one page: Describe a personal experience when you noticed

~ An inner movement towards God;

~ An inner movement that led away from God

Handouts:

Spiritual Movements

Spiritual Orientation (Rules 1 and 2)

Ignatius' Rules for the discernment of spirits, Set 1

Identifying Consolation/Desolation

Case Studies: #1 and #2

9:30 Blessing