



# ST. IGNATIUS OF LOYOLA

## Rules of Discernment

### ELVENTH RULE

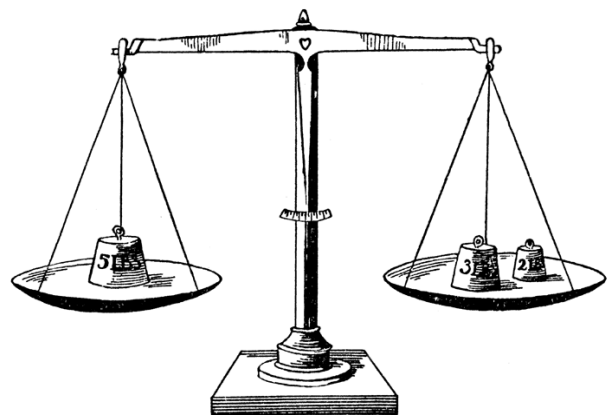
Let him who is consoled see to humbling himself and lowering himself as much as he can, thinking how little he is able for in the time of desolation without such grace or consolation.

On the contrary, let him who is in desolation think that he can do much with the grace sufficient to resist all his enemies, taking strength in his Creator and Lord. – St. Ignatius

### Explained

When we find ourselves being consoled (feeling God's presence) we need to think to ourselves "except for the grace of God there go I," and remain humble. When we find ourselves as being desolate (feeling as if God is absent) we need to remind ourselves that with God all things are possible.

1. Have you ever had a moment of success that you bragged about it only to screw it up the next time?
2. How can being prideful make one vulnerable?
3. How can being successful lead one to become lazy?
4. How important is it to have hope when facing a challenge?
5. Have you ever accomplished something that you were not sure you could accomplish when you started?
6. Can you describe a time in which God helped you overcome an obstacle?
7. How does rule 11 come together with the idea that the devil is out to cause our ruin and God always wants what is best for us?





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### TWELTH RULE

The enemy acts like a woman, in being weak against vigor and strong of will. Because, as it is the way of the woman when she is quarrelling with some man to lose heart, taking flight when the man shows her much courage: and on the contrary, if the man, losing heart, begins to fly, the wrath, revenge, and ferocity of the woman is very great, and so without bounds; in the same manner, it is the way of the enemy to weaken and lose heart, his temptations taking flight, when the person who is exercising himself in spiritual things opposes a bold front against the temptations of the enemy, doing diametrically the opposite. And on the contrary, if the person who is exercising himself commences to have fear and lose heart in suffering the temptations, there is no beast so wild on the face of the earth as the enemy of human nature in following out his damnable intention with so great malice. – St. Ignatius

### Explained

Remembering that St. Ignatius was a product of his time period, it might be better to think of the enemy as a bully. Often bullies appear scary but when confronted directly back down immediately because they are acting out of fear.

1. Have you ever been afraid of someone only to discover later that they were more afraid of you?
2. Have you ever had to confront a bully?
3. Have you ever been intimidated to do something that you knew you should not do?
4. Have you ever given into peer pressure and later resented?
5. How can God help you overcome your fears?
6. How can you learn to trust God more in your daily life?

