

The CPR of peace



Field Hospital



Dynamics of Ignatian Discernment |

Mini Quiches



Ingredients

- ½ red pepper
- 2 spring onions
- 2 slices of ham
- 50g cheddar cheese
- 250g short crust pastry

Method

Turn the oven on to 180°C. Oil a muffin tin.

Pull the seeds from the pepper. Chop the pepper and ham into small pieces, grate the cheese.

Cut the tops and bottoms off the spring onions with scissors, cut the onions into small pieces.

Mix the vegetables and cheese in a small bowl.

Break the eggs into a jug and whisk.

Roll out the pastry and cut into large circles.

Push the pastry circles into the muffin tin holes to make cups.

Fill the pastry cups with the vegetables and cheese, then pour some egg on top of each one.

Bake in the oven for 20 minutes.



Delight yourself
in the LORD,
and he will give
you the desires
of your *heart*.

+ Psalm 37:4





Rule 1: Walking away from God

In the persons who go from mortal sin to mortal sin, the enemy is commonly used to propose to them **apparent pleasures**, making them 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 the opposite method, pricking them and **biting their consciences** through the process of reason.

Rule 2: Walking with God

In the persons who are going on intensely cleansing their sins and rising from good to better in the service of God our Lord, it is the method contrary to that in the first Rule, for then it is the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on; and it is proper to the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing.







Spiritual Consolation

- I feel positive feelings about God and the things of God that make me **inclined towards God and the things of God.**
- **Peace** is at the core of every spiritual consolation.

Rule 3: Spiritual Consolation

- ...the soul comes to be inflamed with love of its Creator and Lord; and when it can in consequence love no created thing on the face of the earth in itself, but in the Creator of them all.
- ...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 connected with His service and praise.
- ...every increase of hope, faith and charity, and
- all interior joy which 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.



Rule 4: Spiritual Desolation

...**darkness** of soul, **disturbance** in it, movement to things low and earthly, the **unquiet** of different **agitations** and **temptations**, moving to **want of confidence, without hope, without love**, when one finds oneself all **lazy, tepid, sad**, and as if **separated** from his Creator and Lord...

Spiritual Desolation

- In *spiritual* desolation, **our feelings incline us away from God** and towards things “low and earthly”.
- **Desolation is never from God.**
- BUT “all things work together for good for those who love the Lord...” (Rom. 8:28), so that **God can help us grow powerfully through these times if we let Him.**

Rule 9: Why does God allow Spiritual Desolation?

- **To remind us:** “...because of our being tepid, lazy or negligent ... and so through our faults, spiritual consolation withdraws from us.”
- **To help us grow in love:** “...to ... see how much we ... let ourselves out in His service and praise without such great pay of consolation and great graces.”
- **To help us grow in humility:** “...it is not ours to get or keep great devotion, intense love, tears, or any other spiritual consolation, but that all is the gift and grace of God our Lord”

In Spiritual Desolation:

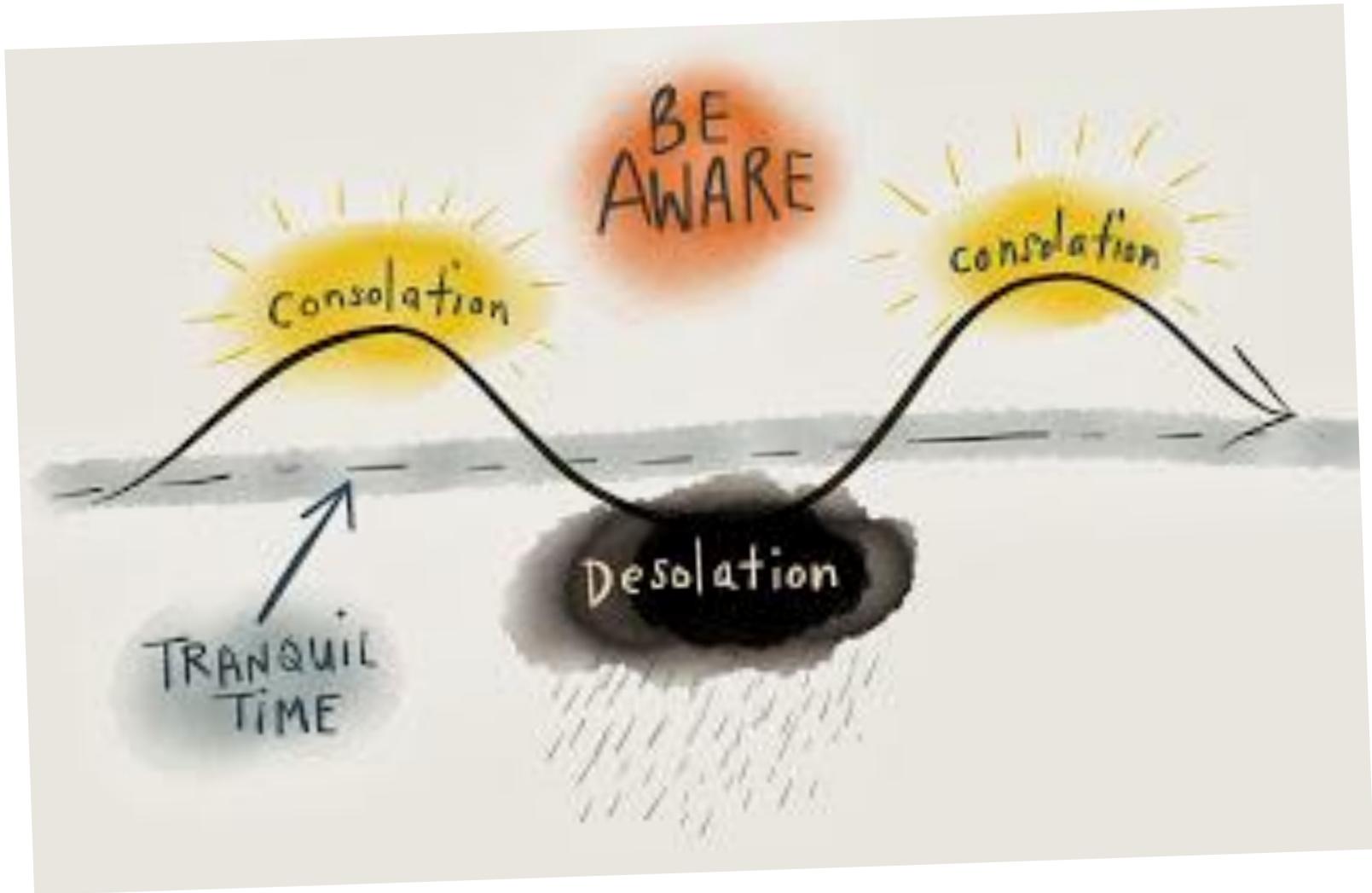
- (a) Don't change resolutions formed in previous Spiritual Consolation (rule 5);
- (b) Move in the opposite spirit to the temptation (rule 6);
- (c) Remember, we are never tested beyond our strength (rule 7);
- (d) Remember consolation and persevere (rule 8)!





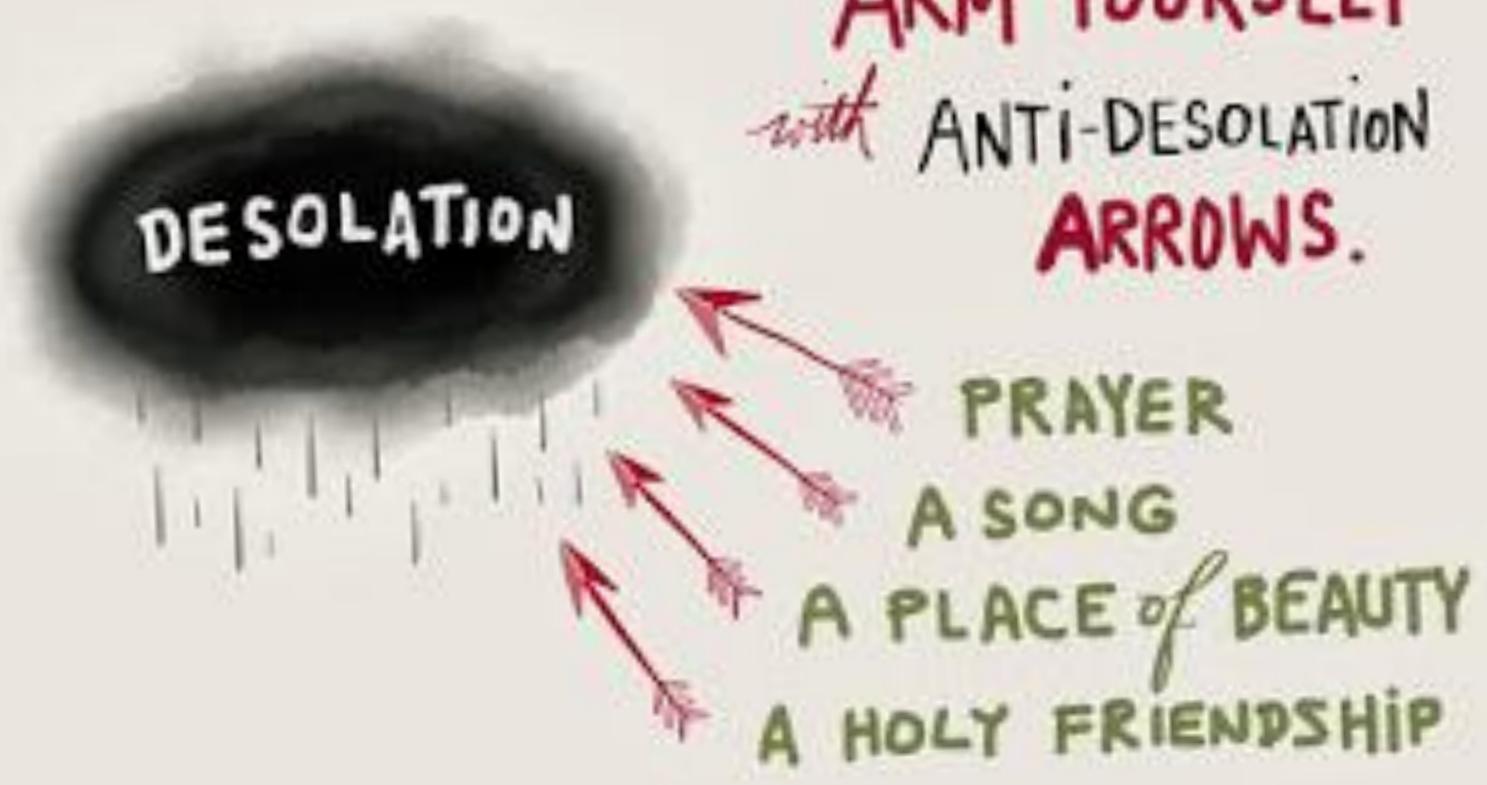
Rule 10: Making the most of Consolation...

- When in consolation, remember desolation.
- Why? So that we don't get caught unprepared!



The Shades of Desolation





DESOLATION

ARM YOURSELF

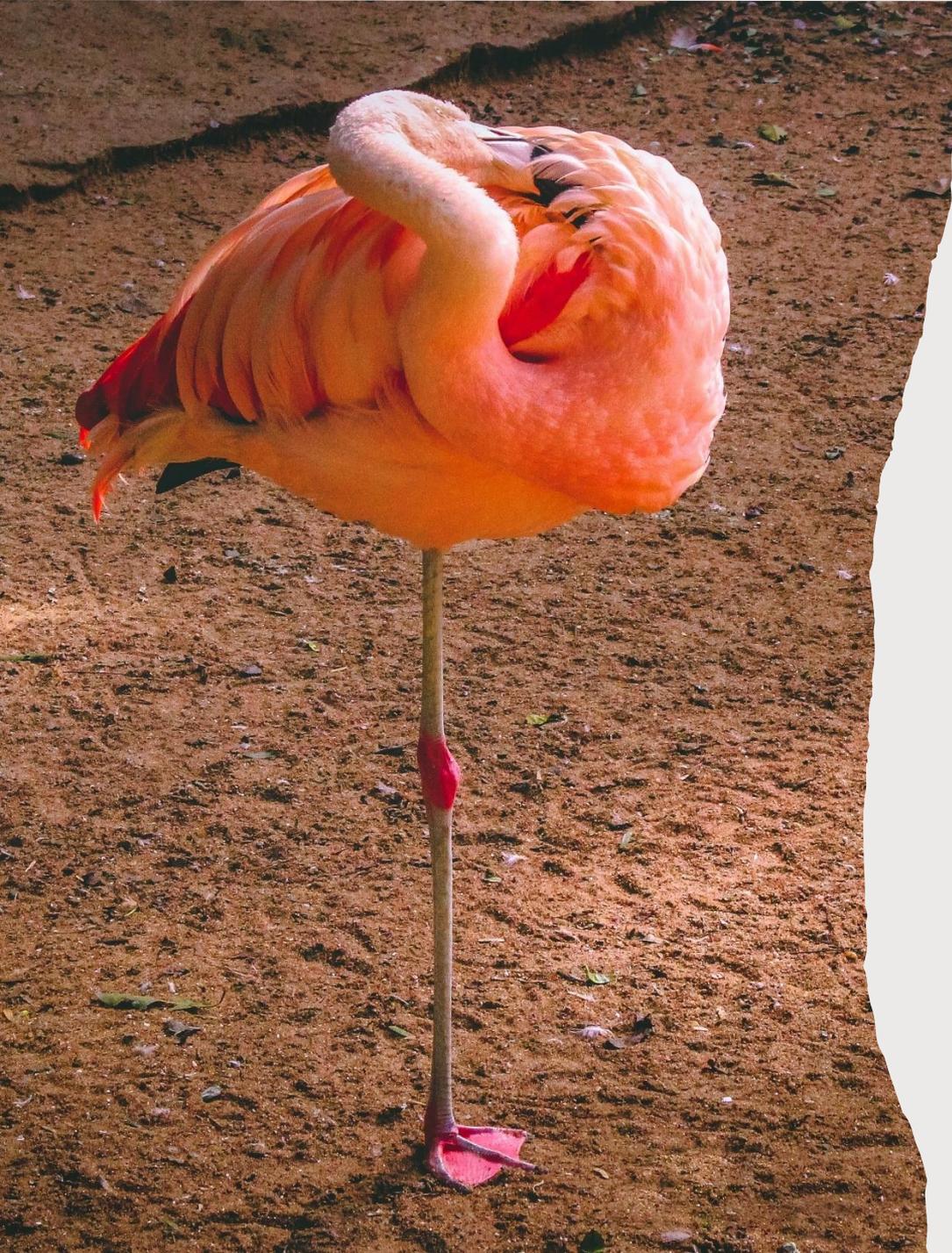
with ANTI-DESOLATION
ARROWS.

PRAYER

A SONG

A PLACE of BEAUTY

A HOLY FRIENDSHIP

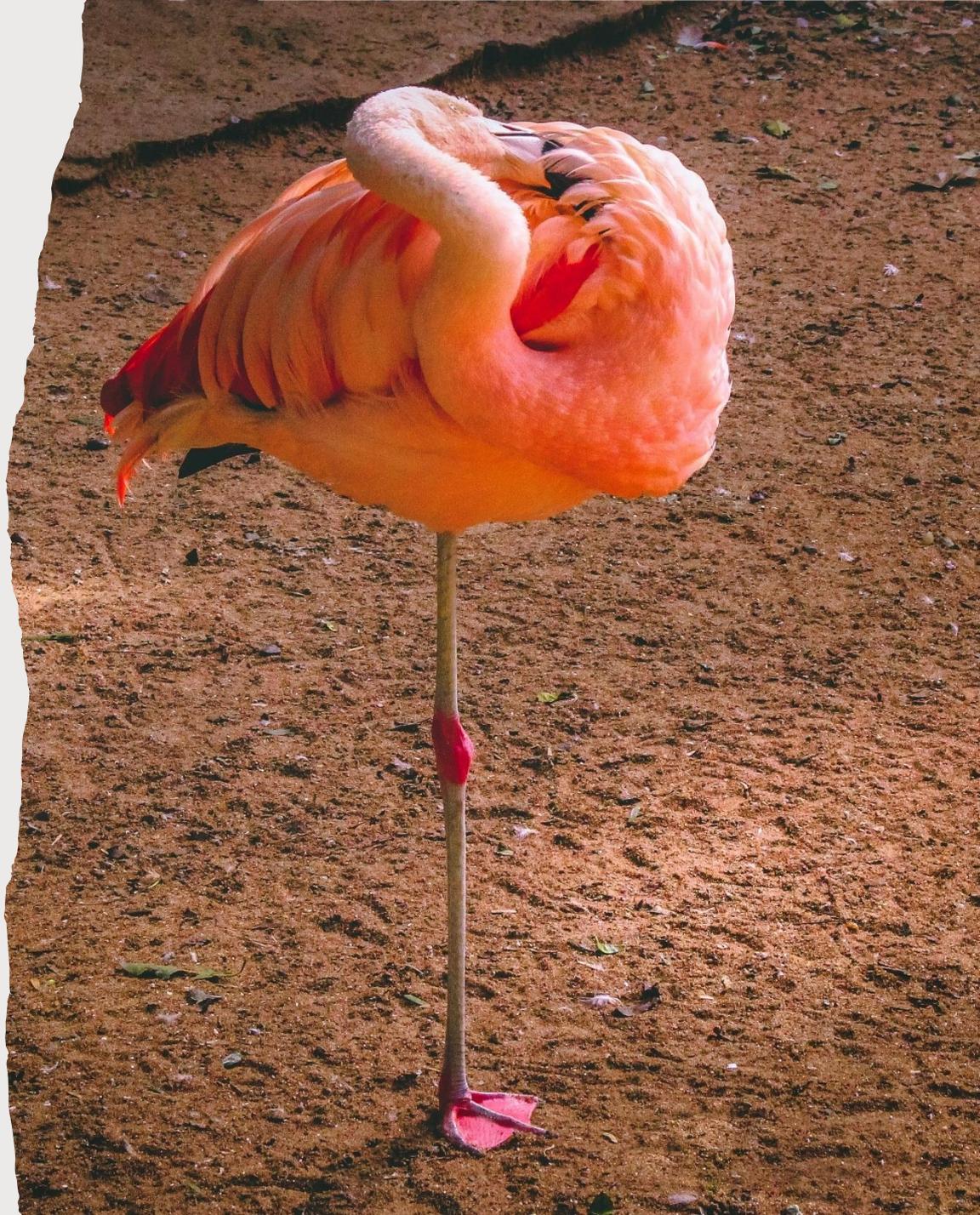


Rule 11: Spiritual Balance

- In consolation, we need to continually remind ourselves that **all that we have is gift**, given by God. In remembering this, we grow in humility and dependence on God for all that we have.

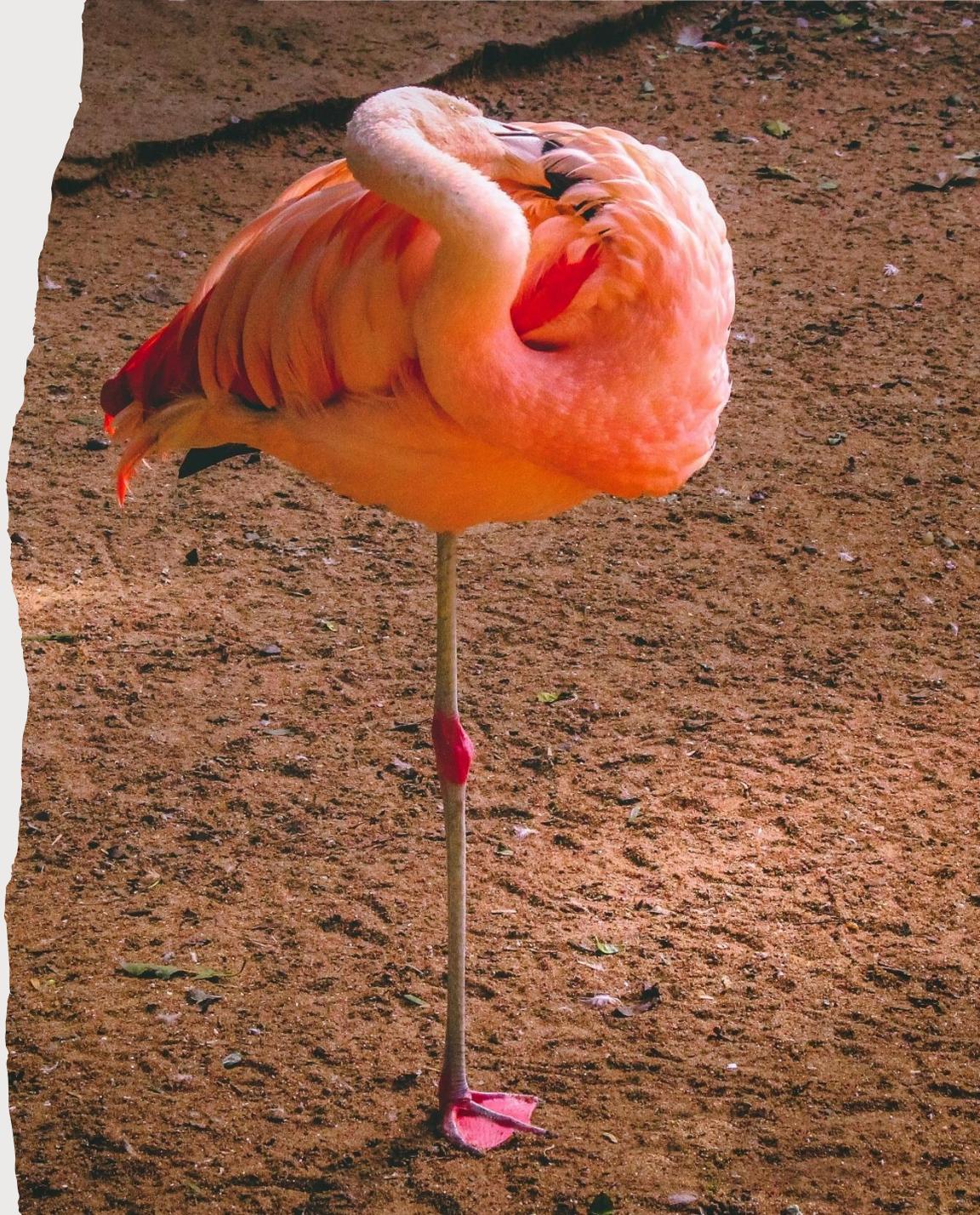
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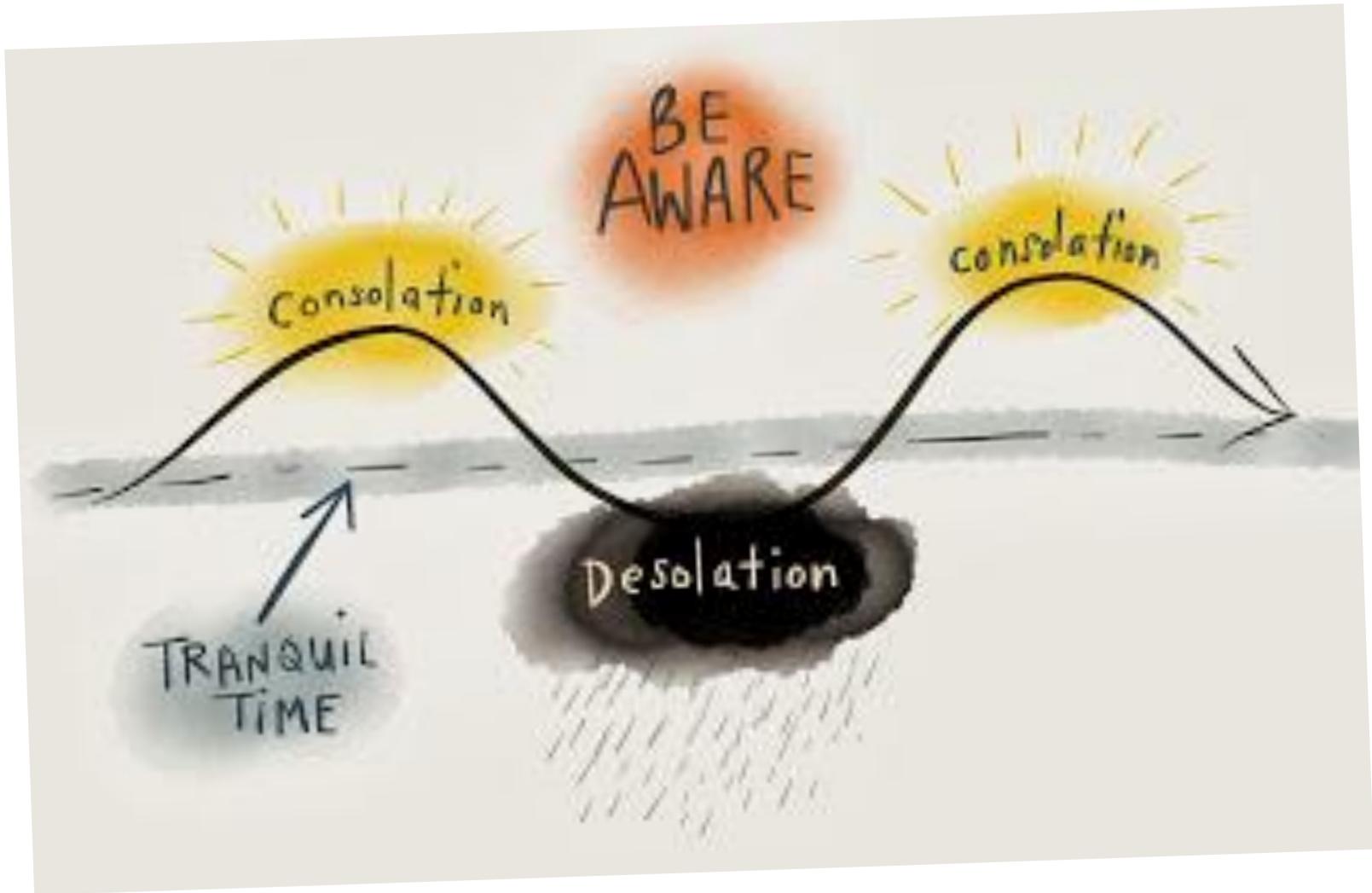
- In desolation it's important to remember **Who** it is upon whom we depend. Desolation is a time of growing in trust, stepping out when what's necessary doesn't seem to be there and trusting that with God's grace, we can do more than we feel we can do.



Rule 11: Spiritual Balance

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Rule 12: Spiritual Defence

- Ignatius wants us to see that, like when we have to deal with a spoilt child, when we are willing to be strong facing a temptation, it won't have any power over us.
- But if we begin to listen, give in, lose heart, be afraid...the enemy will close in and press for victory.





Rule 13: Spiritual Defence

- The next tactic of the enemy is usually used together with one of the others. If the enemy can convince us not to speak with someone who is wise in the ways of God about what is going on in our spiritual life, then half of his battle is won.
- Who to speak to? Ignatius gives two suggestions. A good confessor or “a spiritual person” that knows the tactics of the enemy.

Rule 14: Spiritual Defence

- In our lives, the enemy will work to find our weakest point and attack there to destroy the whole of our spiritual lives.
- Solution: “Know thyself.” Our defences are only as strong as our weakest point. We need to search out our weakest points now, and work to build them up.



