**Discernment Deep Dives**

**Discernment of Spirits PART 2**

Regularly revisit the Journaling Exercises provided below. If you re-do the exercises every other week for a couple of months, you’ll be able to see how the Lord is allowing for more situations to come to the surface of your memory, and you’ll be able to grow in the art of discernment of spirits.

Secondly, treasure the handout “St. Ignatius’ 14 Rules: An Antidote to Spiritual Chaos”. Keep it handy in your journal or hang it on your fridge, as it contains timeless wisdom!



**JOURNALING EXERCISE**

 Think back to a time of spiritual desolation

* When did you change a decision (about your spiritual life) that you had made while in peace?
* How did it go?
* Looking back on hindsight, what do you wish you had done differenty?



**JOURNALING EXERCISE**

* When was a time when the Lord showed His care during a trial in your life?
* Who or what did He use to help you through the trial?
* What has been helpful in a time of desolation?



**JOURNALING EXERCISE**

* What are some arrows to keep in your quiver, ready to be used during desolation?