



mind and heart. In praise we offer ourselves and our day to the Lord for his purposes.

- D) The Holy Spirit will then quiet our spirit to hear the Lord.
- E) Daily Scripture Reading: We create an inner storehouse of pondered, anointed knowledge that the Holy Spirit can use to inspire and guide us.
- F) Daily Conversation with God: Talk with God about yourself, others and life; ask God questions; ask how he wants you to grow and serve. Ask him for his guidance and vision for your family, work, activities, relationships, etc.
  - 1. Asking the Lord regularly: “What are you saying to me through this event?”
- G) Practice of the Presence of God: Building into your day reminders of God’s presence through pictures; prayer at certain times (meals, 3:00 pm, before sleep; thanks for blessings, etc.).
  - 1. Repeating simple breath prayers: My Lord and my God; Jesus, I trust in you; Lord Jesus Christ, have mercy on me; etc.
- H) An extended prayer time once a month: At least two hours.
- I) Keep a journal, marking down what you think the Lord has been showing you. Read through what you have written at the end of each week.

### 3) **The Habit of Obedience**

- A) Little obediences lead to better hearing. If God calls you to not watch television too late, and you do this, you will then be attuned to hear God better.
- B) If you fall down, and you will, learn from it, get up, and seek to obey again. You need to form a habit of listening and obedience.
  - 1. Obedience to unwearied patience at home and job.
  - 2. Obedience of gentleness with people who frustrate us.
  - 3. Obedience of a settled peace in events out of our control.
- C) Spirit of teachability: Always open to learning at any time.
  - 1. Believing that God can speak to you through others.
  - 2. Accepting what you hear.
  - 3. Applying what you hear to your life.

## **Discerning and Being Disposed to the Holy Spirit**

### 1) **Scriptural Call to Test/Discern:**

- A) “Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. Do not quench the Spirit. Do not despise prophetic utterances. Test everything; retain what is good. Refrain from every kind of evil” (1 Thes 5:16-22).
- B) “Beloved, do not trust every spirit but test the spirits to see whether they belong to God, because many false prophets have gone into the world. This is how you can know the Spirit of God: every spirit that acknowledges Jesus Christ come in the flesh belongs to God, and every spirit that does not acknowledge Jesus does not belong to God...anyone who knows God listens to us (the Church), while anyone who does not belong to God refuses to hear us. This is how we know the spirit of truth and the spirit of deceit” (1 Jn 4:1-6).
- C) A daily prayer life that includes praising God; allowing the Spirit to quiet our inner spirit; praying with Scripture; conversation with God about your life, open to the Spirit’s inspirations and promptings; and intercession disposes us to the Spirit.

### 2) **Discerning by Testing “the Flesh” (Gal 5:13-26), “the World,” and the Devil:**

- A) Moved by My Fleshly Desires: Am I getting thoughts coming from my anger, fears, envy, etc. People with active imaginations, need to discern more fully to see if they are having an intuitive thought/feeling or is it from the Holy Spirit?
- B) Moved by the World: Is the idea that I am sensing coming from my need to fit in with others, follow the crowd, and peer pressure?
- C) Moved by the Devil: Is the idea that I am sensing based in the devil’s lies? Is this a temptation and am I being deceived by the Father of lies?

### 3) **Consolation and Desolation:**

- A) When we are in times of desolation (anxious, angry, upset, sad, stressed, not at peace, fearful, confused, not sense the Lord’s presence, etc.), we should not trust what we are sensing or feeling inside or any interior messages.
- B) In these times stay committed and faithful to what you sensed from the Lord before the time of desolation. Do not make any new decisions.

C) Only when you start to return to a time of consolation (peace, joy, clarity, sense of the Lord's presence, love, etc.) can you trust the inner messages that you are sensing.

4) **A Heart of Obedience, Open to Feedback and Correction:**

A) Commitment to follow the Father's faintest whisper; obey the voice of the true Shepherd; and follow the Holy Spirit's promptings. Am I growing in a zealous and peaceful desire to obey God in all things?

B) Attitude of submission to the leadership and teaching of the Catholic Church. I seek to always learn more about Church teaching. I seek to work under the guidance of the pope, my bishop and my pastor.

C) Open to Feedback and Correction: Do I seek and accept feedback and correction from others, including a spiritual director, a spiritual companion, and leaders of Church groups. If you are too isolated, and not getting any feedback from some wise people, it is easy to become confused and be deceived.

5) **Confirming Signs, Interior and Exterior:**

A) Interior Signs: Presence of the Lord, peace, humility, joy, peaceful conviction, inner freedom and courage, clarity, generosity, fruit of the Spirit (Gal 5:22). The message or call seems to come "from beyond yourself and your ideas."

B) Exterior Signs: Sense of direction is confirmed by others words, external events, scripture, etc. There should be a sense of conviction that this is an external sign confirming the internal signs.

C) Signs before, during and after your acting on an inner prompting:

1. Before: Look for the signs mentioned in A and B.
2. During: Do you see good fruit coming from the action.
3. After: More doors open; confirmation from others; confirming joy.

**Ven, Holy Spirit, Ven!**