

Desolation

Comes from our false self, hurts & delusions
satan
others' sins, etc.

Comes from sin, draws us away from Jesus
shows indifference, selfishness,
it hurts our souls, or bodies or minds, etc.
it contains lies- false thinking or conclusions
bad intentions, loss of peace,
the beginning, or middle or end is
sin, or addictions or evil, etc.

Feelings in desolation- lack of love, faith, etc.
sadness, dryness, discontentment
disturbance of spirit, restlessness,
worldly desires and wants.

Leads to

putting self first in thoughts, actions & words.
sins, rationalizations, using logic
addictions, vices, not love.
pleasing others, less time on God.
tears of self pity, disappointments,
short period of delight, followed by uneasiness,
distraction from the greater good & God
deceiving self & others.
caring more for what others think,
than God's will or the Jesus way.

Discernment based on evil does not conform
us or others to Jesus' words or teachings-
Contradicts: God is love, love your enemy,
pray for those who persecute you, etc.
Does not conform to the 10 Commandments.
Conforms us to any sin mentioned in the Bible
for example, -7 deadly sins: pride, envy, lust,
anger, gluttony, covetousness and sloth etc.

In desolation:

we are never to make a decision or change
during desolation.
resist the devil and busyness.
realize this trial is temporary, be patient.
intensify Masses, confession, prayer, Bible
reading, adoration, journaling, etc.
Seek Jesus, silence, stillness, peace.
Give up thoughts, actions, or words that cause
sins, addictions etc.
Avoid choosing sins addictions etc
to *follow up* decision making- a good
discernment **cannot** be followed by a bad
action, word, etc.

Consolation

Comes from God the Father, Jesus, Holy Spirit,
Mary, angels, saints, our true self, real love and
concern of others, from strangers & friends, etc.

Comes **unexpectedly, without preceding
cause**

it brings us into deeper union with Jesus, God
it profits our souls, moving us from good to
better in our thoughts, actions, words
the beginning, middle and end are good,
virtuous, loving and kind.

Feelings in consolation- Galatians 5:22-23
love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, self-control-
may feel heat, or a tingling etc. of Holy Spirit

Leads to

finding God's love in activities, people & things.
greater attendance at Mass, reading the Bible,
more holy & spiritual desires & hungers.
humility- knowing your gifts come from God.
less distractions- true delight in God.
tears of sorrow for sins, evils in the world
self transcendence, greatest concern is for
God's love and will, no self deception or
deceiving others, trials from satan who wants us
to give up.

Discernment based on good conforms us and
others to heavenly love, God's will
the teachings of Jesus
the *eternal* words of the Bible, e.g.
8 Beatitudes etc.
Conforms us to all virtues and gifts in the Bible
Real love makes the decision.
We pray from our hearts & heads.

In consolation:

we receive peace, its comfortable to say yes
with love, no matter how difficult the decision or
action.
You are in union with Jesus' and His suffering.
increased love of true self, God and others.
increases faith, hope, interior happiness, no
matter what the circumstances.
Banishes satan.
Leads us to God's way of doing things.
Leads us away from pleasing self, others or
opinions etc.