

# A Review and Summary of First Set of Rules

## Aware, Understand, Take Action

### Rule 1-2

The ways the Good Spirit and the Enemy work corresponding to the essential direction of a person's spiritual life.

**Rule 1** - Person is moving away from God, the evil spirit entices and encourages, while the Good spirit stings the conscience and admonishes.

**Rule 2** - Person is moving toward God and growing, the Good spirit encourages and comforts while the evil spirit accuses and discourages.

### Rule 3-4

The nature of spiritual consolation and spiritual desolation, key movements for discernment.

**Rule 3** - Consolation - joy, peace, tears of repentance and drawing closer to God. Increase in faith hope and love.

**Rule 4** - Desolation -decrease in desire for God, discouragement; drawn to doubt despair and narcissism.

### Rule 5-11

Practical tools for rejecting the enemy's desolations and temptations.

To avoid the trap of spiritual desolation.

**Rule 5** - Never change the spiritual proposals in place before the desolation began.

**Rule 6** - Strive to reject the desolation through increased prayer, meditation, examination, and suitable penance.

**Rule 7** - Ponder truths that will sustain you through spiritual desolation; trust that God's grace is always sufficient to resist without harm.

**Rule 8** – Wait with patience: desolation always passes and consolation will return.

**Rule 9** - Reasons why God who loves you permits desolation.

**Rule 10** - In consolation prepare for future desolation.

**Rule 11** - Remain humble in consolation and trusting in desolation.

**Rule 12-14** Practical tools for rejecting the enemy's desolations and temptations. The enemy's temptations and how to avoid them

**Rule 12** - Reject temptations right at the beginning before they can "snowball."

**Rule 13** - Refuse the enemy's urgings to keep his disheartening insinuations secret. Expose them to appropriate spiritual person/director by sharing openly.

**Rule 14** - "Know thyself" - identify one's weak points and areas of vulnerability. Work to strengthen them. Recognize that the enemy will strike precisely here.