

**NOTES FROM RICHARD GROVES' CD SERIES:
"CATHOLIC TRADITION OF SPIRITUAL DISCERNMENT"**

Origin of the term Catholic: Κάθολικώς [Greek]

Literally: "KATA – HOLON"

ACCORDING TO THE WHOLE/
HOLISTIC

CATHOLIC CHURCH [Ideally]

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A WORLD-WIDE COMMUNITY OF PEOPLE WHO STRIVE TO EMBRACE THE BEST
IN EVERY TRADITION

"I wonder, after all is said and done, whether religion is man's despair for not having
been able to find God?"

Pope John XXIII/Vatican II [1960'S]

Shifted definition of CHURCH from HIERARCHY to: 'PEOPLE OF GOD'

SCRIPTURE + TRADITION

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BELIEF

ANCIENT ORIGINS:

“Each year the spirit and actions of each candidate shall be examined in order to provide the most appropriate spiritual formation.”

Manual of Discipline
Qumran

“Through the Spirit one receives faith. By the same spirit another is given the gift of healing... to one the gift of prophecy is given and to another the power to distinguish one kind of spirit from another.”

1 Corinthians 12:10

“Beloved, do not trust every spirit but put the spirits to the test, to see if they belong to God because many false prophets have appeared in the world

1 John 4:1

4 OBSTACLES TO MAKING PROGRESS IN PRAYER

[1] Unavoidable Necessity =
Can be excused

[2] Works of the active life =
Must be endured

[3] Human frailty =
Invites compassion

[4] Worldly folly =
Worthy of blame

St. Thomas Aquinas:
Summa Theologica

Discretio Spirituum

Extraordinary gift allowing a person to know even future contingencies or secrets of the heart.

Virtue of Prudence

By prudence, grace grants one the habitual skill of judging properly and discerning the Divine Will

DEVOTIO MODERNA

Lay Communities:
"Brethren of the
Common Life"

Listen to the heart

Discern good from evil

Spiritual warfare with the world

"Some people want to find God as He shines before them, or as He tastes to them. They find the light and the taste but they do not find God. Scripture declares that God shines in the darkness, where we sometimes least expect Him. Where God shines least for us is often where He shines the most. Therefore we should accept God equally in all ways and in all things."

Meister Eckhart

On Dreams and Prayer...

"It appeared to a man in a dream - it was a waking dream- that he became pregnant with Nothing like a woman with child, and in that Nothing God was born. Pray on this and you will come to know Nothing which is God."

Meister Eckhart

KATAPHATIC SPIRITUALITY

=
Via Positiva

Our capacity to reach God through creation, images and symbols

APOPHATIC SPIRITUALITY

=
Via Negativa

All approaches to God are radically flawed

“Even though, no matter what I do, I will never see you clearly, but must find my rest in darkness, in that cloud of unknowing in which alone you can be found. Ignite in my heart with a simple impulse of Love, a spark of your Silent Divine Presence.”

Cloud of Unknowing

“This single word alone can pierce the darkness: Love.”

Cloud of Unknowing

The Path of Suffering

“Endeavor to be inclined always...

Not to the easiest, but to the most difficult
Not to the most delightful, but to the harshest
Not to the most gratifying, but to the less pleasant
Not to what means rest for you, but to hard work
Not to what is consoling, but to be unconsoling
Not to the most, but to the least.”

John of the Cross

NADA TE TURBE

“Let nothing disturb you
Let nothing make you afraid.
All things are passing
God alone never changes.
Patience obtains all things.
If you have God you will want for nothing.
God alone suffices.”

Teresa of Avila

The First Principle and Foundation of St. Ignatius

Man is created to praise and serve the Creator and by this means to reach the unique destiny for which he was created...

All other things on the face of the earth are created for man to help him in obtaining the end for which he was created.

Hence man is to make use of them insofar as they help him in the attainment of his end and he must rid himself of them insofar as they prove a hindrance to him.

FINAL RULE

“Only one who experiences the peace of God that is beyond all understanding can diagnose spiritual malady.

Otherwise he may as well try to describe colors to a blind man.”

Ignatius of Loyola

ON FASTING AND SOLITUDE

“Of fasting and retiring to solitude... they are sometimes for you, sometimes against; sometimes a help, sometimes a hindrance. It could be that you were to always follow a particular urge that would blind you to silence, strict fasting and solitude, you would often be dumb when you ought to be speaking, fasting when you ought to be eating, and on your own when you ought to be with others.”

Cloud of Unknowing #18

ON GOOD AND BAD SPIRITS

“And do not be afraid of the devil, for he cannot come so close. He can never come to move a person’s will except very rarely, and very indirectly, no matter how clever he is. Nor can a good angel move your will effectively... In short, nothing can move your will except God.”

Cloud of Unknowing #34

ORIGIN OF INNER MOVEMENTS

“But as for consolations which come suddenly from outside, even though you do not know whence, I beseech you hold all these suspect. For they can be either good or evil...

Remember above all, both consolation and desolation can produce states of growth. Try always to discern the origin of such movements. The true wellspring of all that is good comes from the Love which alone dwells in Pure Spirit.”

Cloud of Unknowing #45

ON PRAYER

“The movement into a more passive, contemplative form of prayer indicates an invitation to a more complete surrender to God not only in prayer but in everyday living... such movement is an invitation to allow God increasingly to lead.

A ‘leash of longing’ generally precedes this surrender to contemplation and should never be dismissed as mere fantasy.”

Cloud of Unknowing #29