

# Discernment of Spirits Talk

Following First Friday Mass  
(5:30 PM)

Aug 7

6:00 PM – 7:00 PM

At

## Immaculate Conception Church

The Spirit comes to the aid of our weakness;  
for we do not know how to pray as we ought,  
but the Spirit himself intercedes with inexpressible groanings.  
One who searches hearts knows what is the intention of the Spirit,  
because he intercedes for the holy ones according to God's will  
(Rom 8:26- 27).

Learning to Discern the Spirit and how He speaks to us is the quest of every Christian. Catholics, in particular, are Confirmed in the Spirit at Confirmation yet many struggle trying to understand the Spirit and how He talks to us. This talk will help discern the Spirit by following St. Ignatius and his 3 step means to discern spirits.

1. Be Aware of your yourself: physical, emotional, psychological, social, moral, and spiritual movements
2. Understand the Roots of these movements
3. Act: either resist or pro-act – never react.

**Everyone is invited to come and learn how to discern  
the Holy Spirit Working in your life!**

### What is Spiritual Discernment?

Spiritual Discernment is  
the quest to discover  
God's will for us so that  
we can follow that will.

