TASTE Reflection Questions #19
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Overcoming Our Root Sin

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1. What is your main takeaway from Holly's talk?

2. How can you implement what you learned into your Lenten prayer and reflection time?

3. Did anything new or surprising information? What did you learn?

4. Please see the back page for some excerpts from the Diary: *Divine Mercy in My Soul*. Pick one of the messages Our Lord spoke to St. Faustina and describe how it speaks to your heart.

Secrets of Spiritual Struggle by Kathleen Beckman

Here are 12 of 25 secret whispers of Jesus to his little bride, Faustina on how to protect herself from the attacks of the devil. These instructions became Faustina's weapon in fighting the good fight. Jesus began, "My daughter, I want to teach you about spiritual warfare" (1760). (The Lord's words to Faustina are in bold text; comments follow).

1. Never trust in yourself but abandon yourself totally to My will. Trust is a spiritual weapon. Trust is part of the shield of faith that St. Paul mentions in chapter six of Ephesians: the armor of God. Abandonment to God's will is an act of trust; faith in action dispels evil spirits

2. Do not bargain with any temptation; lock yourself immediately in My Heart. In the Garden of Eden, Eve bargained with the devil and lost. We have recourse to the refuge of the Sacred Heart. At the first opportunity, reveal the temptation to the confessor. A good confession, a good confessor, and a good penitent are a recipe for victory over temptation. In running to Christ, we turn our backs on the demonic.

3. Put your self-love in the last place, so that it does not taint your deeds. Self-love is natural but it should be ordered, free of pride. Humility defeats the devil. Satan tempts us to disordered self-love to lead us into his pool of pride.

4. Bear with yourself with great patience. Patience is a secret weapon that helps us to keep our peace of soul even in the great storms of life. Bearing with oneself is part of humility and trust. The devil tempts us to impatience, to turn against ourselves so we become angry. See yourself from God's view. He is infinitely patient.

5. Do not neglect interior mortifications. Scripture teaches that some demons can only be evicted by prayer and fasting. Interior mortifications are weapons of warfare. They can be small sacrifices offered with great love. The power of sacrificial love evicts the enemy.

6. Shun murmurs like a plague. The tongue is a powerful vessel that can do great harm. Murmuring, gossiping, is never of God. The devil is a liar who stirs up false accusations and gossip that can kill a person's reputation. Shun murmurs!

7. Let all act as they like; you are to act as I want you to. To mind one's own business is key in spiritual warfare. The devil is a busybody attempting to drag everyone down. Please God and let the opinions of others go by the wayside.

8. If someone causes you trouble, think what good you can do for the person who caused you to suffer. Being a vessel of divine mercy is a weapon for good and for defeating evil. The devil is about hatred, rage, revenge, and unforgiveness. Others have hurt. What good can we do in return? Returning a blessing breaks curses.

9. Do not pour out your feelings. A talkative soul will more easily be attacked by the devil. Pour out your feelings to the Lord only. Remember, the good and evil spirits hear what you say aloud. Feelings are fleeting. Truth is the compass. Interior recollection is a spiritual armor.

10. Do not ask everyone's opinion. Seek the opinion of your confessor; be as frank and simple as a child with him. Simplicity of life can drive out demons. Honesty is a weapon to defeat Satan, the Liar.

11. Do not examine with curiosity the roads down which I lead you. The need to know and curiosity about the future is a temptation that has led too many people into the backrooms of psychics, witches, etc. Choose to walk in faith. Decide to trust in God who leads you on the path to heaven. Resist the spirit of curiosity always.

12. Do not fear struggle; courage itself often intimidates temptations and they dare not attack us. Fear is the second most common tactic of the devil (pride is the first). Courage intimidates the devil—he will flee in the face of persevering courage that stands on Jesus, the rock. All people struggle, God is our provision.

For the remainder of the list visit https://spiritualdirection.com/2019/05/16/25-secrets-of-spiritual-struggle