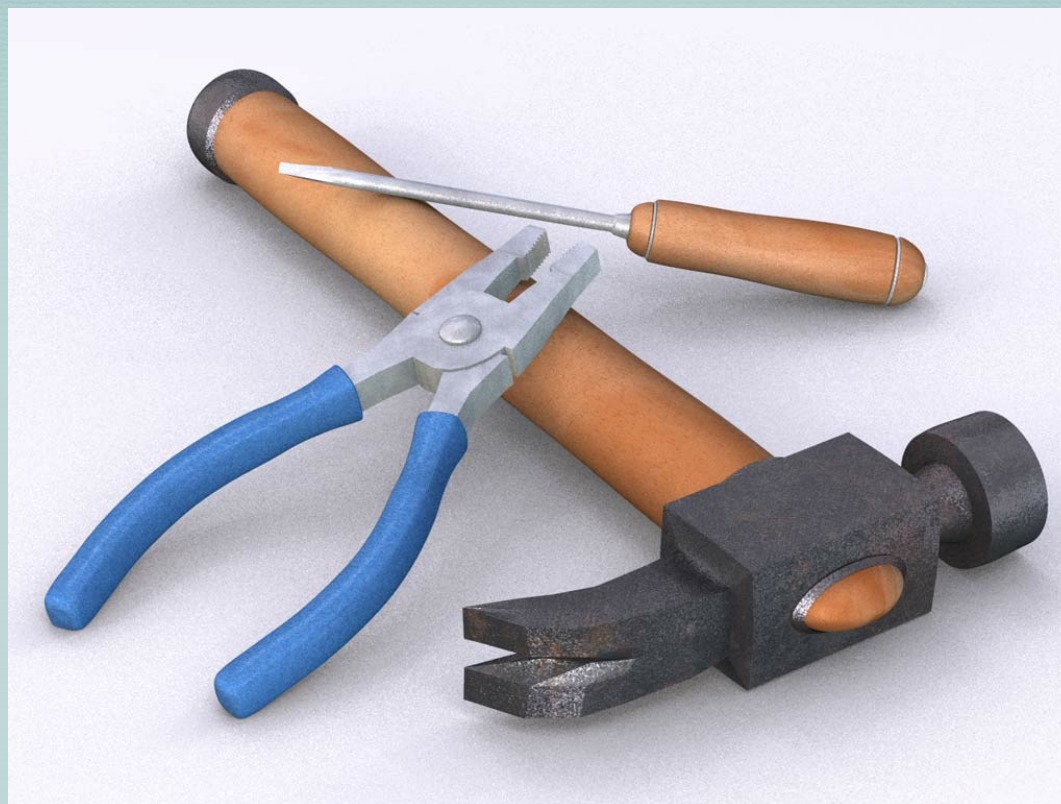


# Tools For Victory!



His divine power has bestowed on us everything that makes for life  
and devotion, through the knowledge of  
him who called us by his own glory and power.  
(2 Peter 1:3)

2014 Women's Preached Silent Retreat



# Beautiful Testimony To Grace

\* <http://lifetoday.org/video/forgiveness-3/>



# Ignatian Principles

- \* Help us recognize the work of God and the work of the enemy
- \* Reign in our emotional/knee jerk response
- \* Seek God's help and not just human solutions
- \* Practical (teach us to recognize spiritual consolations and desolations)



# Awareness

- \* An event/action happens that gets our attention.
- \* Has more to do with faith.
- \* Prayerfully keeping tabs on what is going on around us.
- \* When we get busy or overextended we simply react and aren't aware.
- \* Stepping back...rather than instant reaction.
- \* Very interior movement of the Holy Spirit



# Understanding

- \* Why am I feeling this way?
- \* Prayer for Wisdom
- \* Awareness of our own bias/personal history
- \* Recognition of negative emotions
- \* Prayer for understanding.



# Response

- \* Speaking the Truth in love. Avoid Gossip
- \* Timing of response.
- \* Consideration of others and their receptivity
- \* Prayer/Anointing of the Holy Spirit
- \* Confidence of God's help and support (Isaiah 61)
- \* Not responsible for how people respond



# Other Considerations

- \* Perfect love casts out fear.
- \* Forgetting about appearances and judgments of others.  
(Concern for Truth).
- \* “Reputation is rarely proportioned to virtue.” (St. Francis de Sales.
- \* Look for the fruits of the Holy Spirit.



# Practical Help

- \* Unbound
- \* Prayer with friends
- \* Scripture
- \* Patience (Sheen p.63)



# “Fearless”

Group 1 Crew

\* <http://youtu.be/NRuIFuv8JIw>