

Poem Summarizing the 14 Rules for the Discernment of Spirits

When I go from bad to worse, God pricks as Satan lulls	(Rule 1)
When I rise to greater good, hell storms as God consoles	(Rule 2)
Consolation boosts my faith, and hope and charity	(Rule 3)
<i>Desolation sews despair, doubt, self, and earthly things</i>	(Rule 4)
<i>It's merely desolation, this urgency's a lie</i>	(Rule 5)
<i>I'll pray and sacrifice and check for logs within my eye</i>	(Rule 6)
<i>The grace for victory is sure, this storm it cannot last</i>	(Rules 7-8)
<i>God has a perfect reason and good will come to pass</i>	(Rule 9)
<i>I'll draw upon the strength I gained in sweeter times than this</i>	(Rule 10)
<i>Take courage! Go the extra mile, when tempted to do less</i>	(Rules 11-12)
<i>I'm not alone, I'll make this known, and bring it to the light</i>	(Rule 13)
<i>I'll fix the weak points in my wall where Satan chose to fight</i>	(Rule 14)

Short summaries of each rule

- Rule 1: If you are living in sin God will try to wake you up and Satan will try to keep you asleep.
- Rule 2: If you are living a holy life Satan will try to stop you and God will encourage you
- Rule 3: Consolation is anything that lifts your spirit and strengthens your faith, hope, and love
- Rule 4: Desolation pulls your spirit down and brings discouragement, doubt, and selfishness
- Rule 5: When in desolation don't change your spiritual plans (stick to your commitments)
- Rule 6: When in desolation increase your prayer, meditation, sacrifices, and examination
- Rule 7: God will always give you the grace to win every battle
- Rule 8: Desolation makes us feel like it will never end, but its time is limited
- Rule 9: God allowed the desolation out of love either to correct, strengthen, or humble you
- Rule 10: When in consolation, store up treasures for the next fight
- Rule 11: When in consolation: be humble; when in desolation: be strong!
- Rule 12: Do the opposite of what Satan tempts you towards
- Rule 13: Tell a spiritually mature person about your desolation
- Rule 14: Take note of how you are attacked because that is an area to work on