



## MODERN COMMENTATORS ON IGNATIAN DISCERNMENT

I must learn to pay attention to the movements of my heart and mind, to reflect on them wisely and carefully with the help of others, especially my spiritual director, and to test them over time. In this process I must learn two equally difficult and seemingly incompatible attitudes: to trust myself and my reactions and to recognize how easily I can delude myself. Discernment requires that I believe that God will show himself in my experience and that I yet be wary of mindless credulity toward that same experience.

*William Barry Spiritual Direction and the Encounter with God p82*

The ultimate purpose of discernment is to open the self to be led and guided by the Holy Spirit and to reject any influence contrary to his, whatever the source.

*Jules Toner A Commentary on the Rules for Discernment of Spirits p35*

(Discernment) can be broadly defined as the wisdom which enables a person to distinguish by inner sense (as well as by objective criteria) between the spiritually authentic and its opposite, between what is and is not of the Spirit. Its operation presupposes particular qualities and dispositions, which include psychological balance, self-knowledge and good judgement.

*Michael Ivens Understanding the Spiritual Exercises p205*