



March 11, 2026

Welcome!

**Please grab a snack and take this
time to check in with the people
at your table.**

How was their week/day?

How are they doing?



ANNOUNCEMENTS

- **Next Week (3/18)-Anchor: Living Stations of the Cross**
 - **Meet in the Big Church Building**
 - **Brought to you by the Youth Ministry**
- **No Class-**
 - **March 25th: Spring Break**
 - **April 1st: Holy Week- Join the Triduum Services**
- **April MagnifiKids in the Back-Last chance before Easter**
- **Wonder of Eve- April 11, 2026**
- **SPY 2- Go to Confession**
- **Summer Programs:**
 - **Catholic Summer Camp (Totus Tuus-Like)**
 - **June 7-12, 2026**
 - **VBS (Vacation Bible School)**
 - **July 13-17, 2026**

LIVING CATHOLIC

Spiritual Warfare

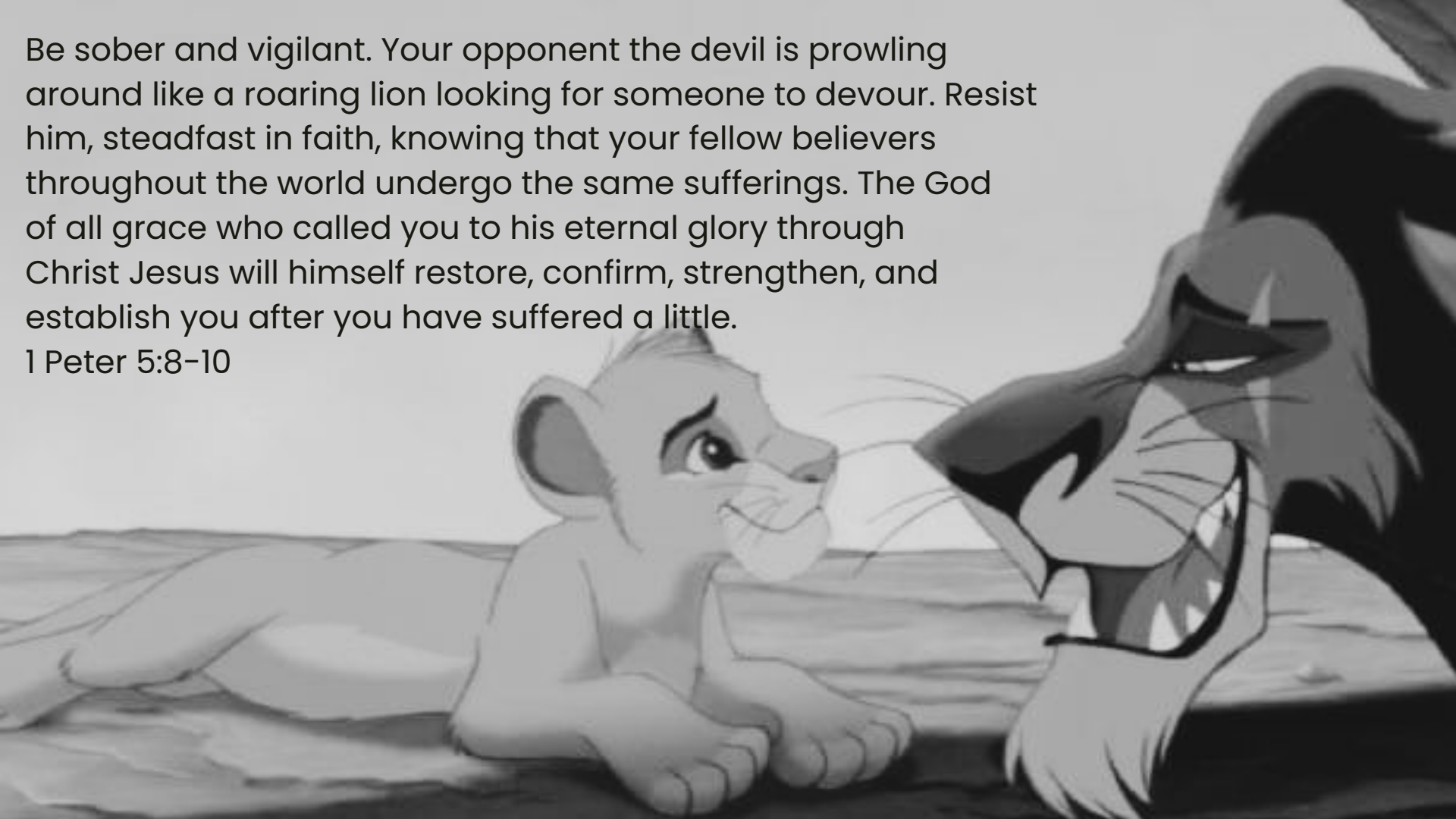




SPIRITUAL WARFARE

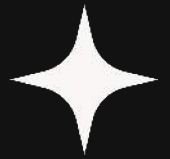
Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. The God of all grace who called you to his eternal glory through Christ Jesus will himself restore, confirm, strengthen, and establish you after you have suffered a little.

1 Peter 5:8-10





**How valuable your
soul must be, for
Satan to tirelessly
pursue it, and your
King to lay down His
life for it.**

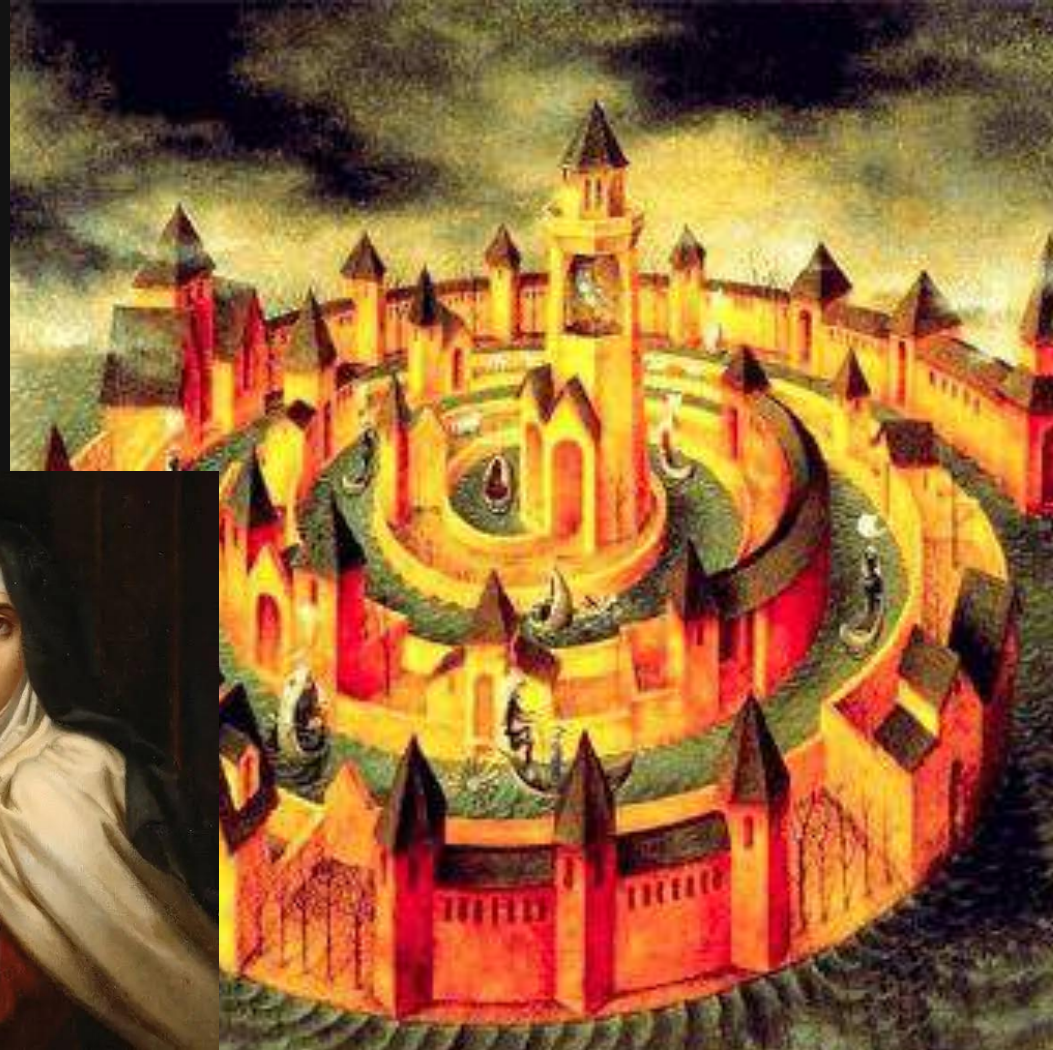


TRUTHS ABOUT THE



THE INTERIOR CASTLE

St. Teresa of Avila





THE SEVEN MANSIONS

UNITIVE

7: Complete Sanctity
6: Heroic Perfection

ILLUMINATIVE

5: Relative Perfection
4: Fervor

PURGATIVE

3: Sustained Piety.
2: Intermittent Piety
1: Mediocre Piety



“Everyday” Example: Going to Mass

Stage 1
Purgative

Stage 2
Illuminative

Stage 3
Unitive

HOW DO I GET TO THE NEXT MANSION?

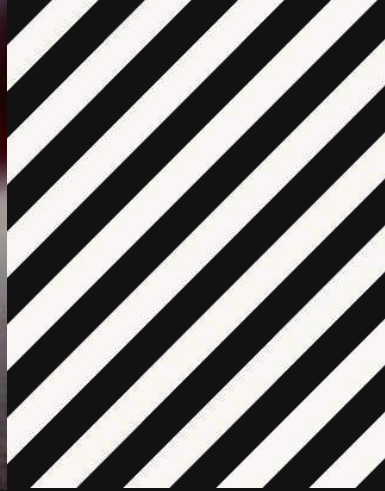


IGNATIAN RULES FOR THE DISCERNMENT OF SPIRITS



St. Ignatius of Loyola

To discern is to understand and decide on a course of action regarding inspirations that influence our thoughts, words, and deeds either toward God to heaven or away from Him to hell.



UNDERSTANDING

- **Moving from: Mortal Sin to Mortal Sin OR Good to Better?**
- **Understanding Good and Evil.**
- **Accurately interpret the forces at play on us or in us.**

AWARENESS

- **Awareness of self in Consolation or Desolation**
- **Pay attention to repeated experiences of consolation and desolation.**

Consolation

peace

joy

clarity

love of God



Consolation

peace

joy

clarity

love of God



Desolation

confusion

anxiety

restlessness

temptation

Consolation

peace

joy

clarity

love of God

YOU

sensual appetites

sickness

addictions

beliefs

desire

strengths

weaknesses

diseases due to original sin

Desolation

confusion

anxiety

restlessness

temptation

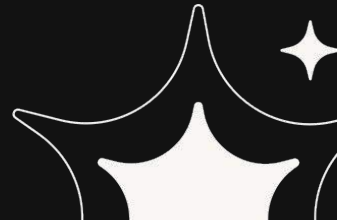


IN CONSOLATION

- **Embrace decisions and actions that increase love for God and neighbor.**
- **Practice gratitude**
- **Prepare for the natural flow of desolation.**

**ACT ON CONSOLATION
RESIST DESOLATION**

Rules 5-11





IN DESOLATION

- **Rule #5: In times of desolation never make a change but be firm and constant in the ... determination in which one was in the preceding consolation.**
- **Exposing the Enemy's Efforts- bring it to the light!**
- **Know what causes desolation**
 - **SIN- Avoid the NO Zone (Near Occasion of Sin).**
 - **Suffering and trials will create weaknesses in our fortress and cracks for the devil to slip in.**

**ACT ON CONSOLATION
RESIST DESOLATION**

Rules 5-11

SYMPTOMS OF JUVENILE BATTEN DISEASE



Vision Loss

Seizures

Sleep Disruption

Cognitive Decline

Personality Changes

Behavioral Problems

Mobility Loss

Dementia

**Premature Death in
late teens to early twenties**



STRENGTHENING YOURSELF AGAINST SPIRITUAL ATTACKS

- **God speaks through the soul's movements: which desires lead to peace, growth, and service?**
- **Constant prayer, reflection, and awareness help you align your choices with God's will.**
- **Embrace humility and gratitude.**
- **Know your weaknesses and root sins so that you can brace for attacks in those areas.**

Rules 12-14





PRACTICAL APPLICATIONS
FOR THE SPIRITUAL BATTLE

God's voice

- stills you
- leads you
- reassures you
- enlightens you
- encourages you
- comforts you
- calms you
- convicts you

Satan's voice

- rushes you
- pushes you
- frightens you
- confuses you
- discourages you
- worries you
- obsesses you
- condemns you

God is never early and He's never late. He's always right on time and His plans for you are good.

God is a God of love and order. If the voice you are hearing doesn't sound like those things, then they are not from Him.

KNOW GOD'S VOICE

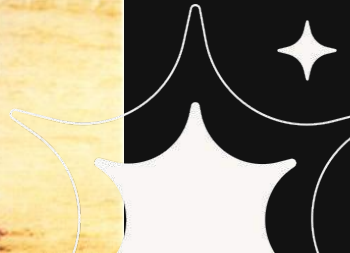
RULE #5

In times of desolation never make a change but be firm and constant in the ... determination in which one was in the preceding consolation.



RENOUNCE
AND
ANNOUNCE

BRING IT INTO
THE LIGHT



- **Knowing God's Voice**
- **RULE #5: In times of desolation never make a change but be firm and constant in the ... determination in which one was in the preceding consolation.**
- **Bring it to the Light**
- **Renounce the lies and feelings that are oppressive and then announce the truth.**

Beloved, I urge you as aliens and sojourners to keep away from worldly desires that wage war against the soul.”

1 Peter 2:11



**The battle for your soul is real — but so is the
victory.**

DISCUSSION QUESTIONS

- 1. Where do you most notice the spiritual battle in your everyday life — thoughts, habits, relationships, suffering?**
- 2. When have you experienced clear consolation (peace, clarity, closeness to God)? What was happening? When have you experienced desolation (confusion, heaviness, discouragement)? How did you respond?**
- 3. Do you tend to make decisions when you feel strong and peaceful — or when you feel tired and overwhelmed?**
- 4. What is one small, concrete way you can resist and renounce desolation this week?**
- 5. What is one truth about God you need to “announce” over your life right now?**





St. Michael the Archangel defend
us in battle.

Be our defense against the
wickedness and
snares of the Devil.

May God rebuke him, we
humbly pray and do thou O
Prince of the heavenly hosts by
the power of God cast into hell
Satan and all the evil spirits who
prowl about the world seeking
the ruin of souls.

Amen.



RESOURCES

- [The Interior Castle, St. Teresa of Avila](#)
- [The Devil in the Castle](#) by Dan Burke
- [Spiritual Warfare and the Discernment of Spirits](#) by Dan Burke
- [A Practical Method For Spiritual Warfare,](#)
by Matt Fradd (Article)
- [Spiritual Warfare: What Every Catholic Should Know](#) (Video)
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