



QUESTIONS FOR UNDERSTANDING & REFLECTION

Help from Heaven (pp. 305 – 336)

1. List two or three ways the saints describe the “wounds” of love God gives to certain souls?
2. What are the fruits of authentic “wounds of love”? How can these be differentiated from the imitation “wounds of love” that the devil may sometimes inflict?
3. List and define the four different types of locutions that God can use to communicate to a soul.
4. How does St. John of the Cross say we should respond to these locutions? What reason does he give for that recommendation?
5. What particular danger is associated with successive locutions?
6. List and define the three types of visions a soul can experience.
7. Why does St. John of the Cross say that a soul doesn’t need to focus on certain types of visions, even if they are authentic?

8. Why is it important for someone who is experiencing locutions or visions to seek out a good spiritual director or confessor?
9. What are some of the characteristics of authentic visions or insights? What are the characteristics of visions or insights produced by the devil?
10. From where, besides visions and locutions, should we look to receive wisdom from God?
11. What are some practical ways you can make more time to spend alone with God?
12. What problems could arise from valuing locutions more than reason, common sense, the teachings of the Church, and trusted advisors?
13. Do you have a spiritual director? If not, is there someone you could ask, even if only to be a spiritual friend to share with? How might this benefit you?
14. How frequently do you ask God for signs and spiritual consolations? If very frequently, why? For what *should* you be asking?
15. Who are the people through whom God speaks most often to you? How has their witness, counsel, or criticism helped you on your journey to God?