

## The Fulfillment of All Desire Chapter 10



## **QUESTIONS FOR UNDERSTANDING & REFLECTION**

## Growing in Freedom (pp. 205-249)

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1.	According to St. John of the Cross, what are the signs of true detachment from money and possessions?
2.	What are the spiritual ramifications of giving our hearts to money, possessions, and things?
3.	What advice does St. Francis de Sales give about how to practice chastity?
4.	Why, according to St. Bernard, is pride the beginning of all sin?
5.	How does pride obscure our understanding of salvation?
6.	How, according to St. Bernard, should we view the merits we possess?
7.	What are some of the ways we can consciously choose to humble ourselves? How will doing that help us overcome pride and self-love?
8	How can illness and physical suffering become a means of overcoming pride?

9. What is the connection between pride and impatience?
10. To what four areas did St. Francis de Sales say our obedience to God's will should extend? How can practicing obedience help us grow in humility?
11. Look back at St. Francis' indicators for discerning a spirit of detachment or poverty. Using those indicators as a guide, how attached are you to money and material possessions? What are two or three practical things you can do to grow less attached to those things?
12. Our attachment to sensual pleasure can be expressed in both thought and action. Is either form of attachment a struggle for you? If so, explain. How can you start putting the advice the saints give about detachment from sensual pleasures into practice?
13. Think back to a time when you made a mistake or committed a sin and were justly criticized. Describe the situation. How did you react? Were there any traces of pride in that reaction? In order to cultivate humility, how would you react to similar situations in the future?
14. What occasions for practicing patience and humility exist right now in your life? Is there any way you can change your attitude or behavior to better embrace those opportunities? How so?
15. To whom are you obedient? Is obedience easy or a struggle for you? Explain why. Is there someone you can submit to on spiritual matters? How might that relationship benefit you?