

## LEN The Fulfillment of All Desire Chapters 6



## **QUESTIONS FOR UNDERSTANDING & REFLECTION**

The Struggle Against Sin (pp. 101 - 117)

1.	What, according to St. Francis de Sales, characterizes true spirituality and devotion?
2.	What does it mean to live the devout life?
3.	What are two practices St. Francis recommends that can help souls reject serious sin?
4.	What advice does St. Francis give for making a good confession?
5.	What is the danger of nurturing affection for serious sin?
6.	In order to free ourselves from affection for serious sin, what truths does St. Francis suggest we contemplate?
7.	What's the two-edged sword with which St. Catherine says we should fight our spiritual battles?
8.	What are the dangers of nurturing affections for mortal sins?

9. What do we need most in order to persevere in our struggle against sin?
10. How might a false understanding of true devotion lead a person away from God? Describe what that false understanding might look like.
11. In your own conversion, what serious sins did you first have to reject in order to pursue a serious relationship with Christ? Are there serious sins you have not yet rejected? If so, why not? Do you think that is doing damage to your spiritual journey?
12. What venial sins do you struggle with the most? Why do you think these habits of sin have been so hard to break? How are these sins getting in the way of your relationship with God?
13. Look back at St. Francis de Sales' advice about the Sacrament of Confession. How much does your own practice of the Sacrament reflect that advice? What more can you do to take advantage of the graces offered in Confession?
14. Describe at least one occasion when God's grace enabled you to reject sin and an attachment for sin. How did that grace transform your heart as well as your actions?