



## QUESTIONS FOR UNDERSTANDING & REFLECTION

### *Temptations and Trials* (pp. 137-178)

1. Describe the three temptations that, according to St. Teresa of Avila, occur most frequently during the early stages of a person's spiritual journey?
2. What remedies do St. Teresa and St. Francis de Sales specifically propose for each of those three temptations?
3. Why is it important to have both self-knowledge and an awareness of God's mercy?
4. Describe St. Therese's "Little Way." What are some specific ways she lived this "little way"?
5. According to St. Francis, what dangers come from seeking merely "good feelings" from prayer?
6. List the three steps of temptation that St. Francis identifies. Why is the most crucial step the *second* one?
7. Why is it so important to avoid near occasions of sin?

8. List at least four other things that can help you overcome temptations to sin.
  
9. What are the three main causes of dryness in prayer? What is the remedy recommended for each of the different causes?
  
10. Why does God sometimes allow us to feel dryness in prayer? What good can He bring from such a trial?
  
11. List two or three practical ways you can imitate St. Therese’s “Little Way.” How do you think the “Little Way” will help you persevere through trials and temptations?
  
12. What are some near occasions of sin that you have learned to avoid? What are some you still have not learned to avoid? Why do you think you still do it? How is it harming you?
  
13. Evaluate the current state of your prayer life. Is there any dryness? If so, why might that be?
  
14. How much do you rely on “good feelings” or spiritual consolations? How do you think your relationship with God would change in the absence of those good feelings and consolations?