



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?

