



Understanding

THE SPIRITUAL WORLD

Week One

TIPS FOR IMPROVING YOUR GROWTH IN SPIRITUAL AWARENESS AND DISCERNMENT

- ✘ Find a regular place for prayer and keep your daily schedule as consistent as possible.
- ✘ The Course is set so you only have access to a week at a time so take your time---rushing and discernment don't mix!
- ✘ The videos are helpful for your learning. The System is set so you have to watch the videos to advance. If you have seen one before, just let it play till it finishes and then you can proceed with the next week's lessons
- ✘ ASK GOD FOR HELP---St. Ignatius emphasizes constantly our need to ask God for his assistance. God loves to respond to our requests.
- ✘ You might benefit by doing this course with a friend. Sharing on a weekly basis what you are learning is something that builds faith, friendship and learning.
- ✘ Expect to learn more about discernment from this course, but the on-going learning comes in your living a daily relationship with Jesus and allowing him to guide you in life.