

HEART OF PERFECTION – WEEK THREE

SUMMARY NOTES

I. Chapter Five – The War Within

- Colleen's story of needing to make choices related to her vocation of motherhood and her engaging in a professional career of writing
- Dilemma of knowing God's will in our lives

- Discernment require a prayerful pursuit of emotional awareness
- "Discernment is the way we learn to listen to and interpret the movements of our hearts to distinguish the inspirations of the Holy Spirit from ideas that proceed merely from other people, our own pride woundedness, or evil spirits trying to lead us astray."
- Manifestation of perfectionism is knee-jerk reactions, unexamined assumptions and emotional disconnect

II. Ignatius of Loyola

- Moment of conversion rooted in his reading of both secular romance novels and the lives of the Saints. He noted the lasting effect each had on his emotions.
- Came to see that both God and the Evil One use our emotions to lead us
- If we are walking closely with the Lord and striving to follow His will, our bouts of discouragement and desolation aren't from him.
- Desolation can be useful to help me identify weaknesses in myself that might never otherwise have discovered.
- I need to consider where consolations come from and where they are leading.
- Examen: gratitude, petition, review, forgiveness, and renewal

III. Chapter Six – A Passionate Balance

- Colleen's sense that somehow pursuit of balance and pursuit of excellence are incompatible

IV. Benedict of Nursia

- Initially driven to extremes in his own life and in leading others
- Came to a sense of balance and moderation gradually
- Benedict came to see daily duties as the stuff of our sanctification. Holiness consists in fidelity to God's will amid the competing demands on our time and the mundane tasks of everyday life.
- *How* we do things matters as much as or more than *what* we do.

V. Results of living a balanced life

- Easing of tension as I shake off the weight of what-must-get-done and breathe in the peace of just-do-what-i-can.
- Greater joy and abandon as I find I am no longer responsible for the outcome
- Listen more for the inspirations of the Spirit because I am no longer terrified they will scuttle my plans
- Realize God has other ways of getting things done
- Come to know that my worth does not depend on my achievements and I do not need to prove myself.