神慰与神枯

神慰就是人內心的推動，使人在我們的造物主天主的 聖愛中，開始燃燒、熾熱，因而使他們對任何受造物感覺無味，只能在造物主 中愛它們。同樣，或因痛悔己罪，或因默想吾主的苦難，或因其他與事奉天主 有直接關係的事，而感動得流淚，因而更加愛主，這也是神慰。最後，一切信、 望、愛三德的增進，一切內心的歡樂情緒，凡是能引人嚮往天上之事，專務救 靈魂，使人安息於造物真主的，都是神慰。

神枯就是与神慰完全相反。例如：靈魂的灰暗、 內心的騷擾、傾向卑鄙的事物，及由各種誘惑所引起的擾亂不安。這一切使人喪失信心，缺乏希望及愛情；人總覺得懶洋洋的，冷淡、憂悶，好像離棄了造物主天主一般。神慰與神枯既然正好相反，它們所產生的思想自然也完全不同。

在神枯時千萬不要改變主意，卻要堅強地持守這次神枯之前， 或上次神慰時，所定的志向和決心。因為在神慰時領導、指導我們的是善神， 而在神枯中則是惡神；隨著惡神的主意，絕找不到正確的道路。

第二周：通过祈祷迎接耶稣的第二次来临。每天半小时默想、默观圣经章节如下：

1. 路3：1-6 （预备上主的道，修直他的路）
2. 路12：13-21（糊涂富翁的比喻）
3. 玛25：31-46（公审判）
4. 玛21：28-32（二子的比喻）
5. 玛20：20-28（载伯德二子母亲的要求）
6. 路13：6-9 （无花果树的比喻）
7. 选择以上任何一段福音内容默想、祈祷

**Of Spiritual Consolation & Of Spiritual Desolation**

Of Spiritual Consolation. I call it consolation when some interior movement in the soul is caused, through which the soul comes to be inflamed with love of its Creator and Lord; and when it can in consequence love no created thing on the face of the earth in itself, but in the Creator of them all.

Likewise, when it sheds tears that move to love of its Lord, whether out of sorrow for one’s sins, or for the Passion of Christ our Lord, or because of other things directly connected with His service and praise.

Finally, I call consolation every increase of hope, faith and charity, and all interior joy which calls and attracts to heavenly things and to the salvation of one’s soul, quieting it and giving it peace in its Creator and Lord.

Of Spiritual Desolation. I call desolation all the contrary of the consolation rule, such as darkness of soul, disturbance in it, movement to things low and earthly, the unquiet of different agitations and temptations, moving to want of confidence, without hope, without love, when one finds oneself all lazy, tepid, sad, and as if separated from his Creator and Lord. Because, as consolation is contrary to desolation, in the same way the thoughts which come from consolation are contrary to the thoughts which come from desolation.

In time of desolation never to make a change; but to be firm and constant in the resolutions and determination in which one was the day preceding such desolation, or in the determination in which he was in the preceding consolation. Because, as in consolation it is rather the good spirit who guides and counsels us, so in desolation it is the bad, with whose counsels we cannot take a course to decide rightly.

The daily meditation and contemplation of the Bible chapters of the second week of the Advent，taking half hour to read and pray (welcome the second coming of Jesus through prayer)

The first day, Luke 3:1-6 (The Winding Roads shall be Made Straight)

The second day, Luke 12: 13-21 (The Parable of the Rich Fool)

The third day, Matt 25: 31-46 (the Judgment of the Nations)

The fourth day, Matt 21: 28-32 (The Parable of the Two Sons)

The fifth day, Matt 20: 20-28 (The Requested of James and John)

The sixth day, Luke 13: 6-9 (The Parable of the Barren Fig Tree)

the seventh day, select the one of above to meditate or contemplate