

TRUE NORTH

Embark with Courage

Module 5, Video 3



North Star Quote:

“There is the voice of God, who speaks kindly to the conscience, and there is the tempting voice that leads to evil...One can learn to discern these two voices: they speak two different languages, that is, they have opposite ways of knocking on the door of our hearts.” -Pope Francis

Here are eight questions for journaling that reveal the voice of God vs. the voice of Satan:

1. ***Am I still free?*** *God proposes Himself, He does not impose Himself. Instead, the evil voice seduces, assails, forces: it arouses dazzling illusions, emotions that are tempting but transient.*
2. ***Am I being flattered?*** *It leaves us empty inside and accuses us: “You are worth nothing”. The voice of God, instead, corrects us, with great patience, but always encourages us, consoles us: it always nourishes hope.*
3. ***Am I looking forward?*** *The voice of God is a voice that has a horizon, whereas the voice of evil leads you to a wall, it backs you into a corner.*
4. ***Am I in the present moment?*** *The enemy...brings to the surface the bitterness, the memories of the wrongs suffered, of those who have hurt us, many bad memories. Instead, the voice of God speaks to the present: “Now you can do good, now you can exercise the creativity of love, now you can renounce the regrets and remorse that hold your heart captive.*
5. ***Is it about my ego?*** *That which comes from God will be: “What is good for me?” Instead the tempter will insist on another question: “What do I feel like doing?”*
6. ***What aftertaste does it leave?*** *Evil never gives us peace, it causes frenzy first and leaves bitterness later.*
7. ***Am I seeking light or hiding?*** *The enemy prefers darkness, falsehood, and gossip; the Lord loves sunlight, truth, and sincere transparency.*
8. ***Am I led to trust?*** *The enemy will say to us: “Close yourself up in yourself, besides no-one understands and listens to you, don’t trust anyone!” Goodness, on the contrary, invites us to open up, to be clear and trusting in God and in others.*

Space for journaling:

