

FRONT





DAILY SPIRITUAL COMBAT PLAN

(A Catholic's Pocket Guide)

1



Passive Disregard: Treat the thought like background noise. It is just "junk mail."
Do not fight or analyze it. Calmly return to your tasks.

2



The Rule of Consent: Temptation is not sin. **Repulsion is the opposite of consent.** God sees your will, not your neurological reflexes.

3



Short Acts of Trust: Instead of panicked, ritual prayers, say one act of trust:
"Jesus, I trust in You."

4



Sacramental Life: Do not flee Holy Communion. The Eucharist is **medicine for the weak**, not a prize for the perfect. Use Confession only for certain sins.

5



Obedience to One Confessor: Choose one faithful priest, follow his direction, and **obey him** above your feelings of anxiety.

