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# Catechesis on Discernment

A collection of Pope Francis' audiences on discernment (2022-2023), downloadable as a free eBook.

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“Living in the computer age, we know how important it is to know passwords in order to get into programmes where the most personal and valuable information is stored. But spiritual life, too, has its “passwords”: there are words that touch our heart because they make reference to what we are most sensitive to. The tempter, that is, the devil, knows these key words well, and it is important that we know them too, so as not to find ourselves where we do not want to be.

Temptation does not necessarily suggest bad things, but often haphazard things, presented with excessive importance... This is why, dear brothers and sisters, it is important to know ourselves, to know the passwords of our heart, what we are most sensitive to, in order to protect ourselves from those who present themselves with persuasive words to manipulate us, but also to recognize what is truly

important for us, distinguishing it from current fads or flashy, superficial slogans.”

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