

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** After recording the definition, organize the effects and impact of each by gluing them in their proper column.

| Consolation        | Desolation         |
|--------------------|--------------------|
| Definition -       | Definition -       |
| Effects and Impact | Effects and Impact |
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**What to do...*****In Consolation:***

1. Tell God how you feel and thank Him.
2. Store this moment in your memory to return to when things get tough.
3. Add this experience to your understanding of God's will for you.
4. Use the energy you feel to further your deepest desires.
5. Let the surplus energy fuel the things you don't like doing, and do them.
6. Go back to 1.

***In Desolation:***

1. Tell God how you feel and ask for help.
2. Seek out companionship.
3. Don't go back on decisions you made in consolation.
4. Stand still and remember your understanding of God's will for you.
5. Recall a time of consolation, and go back to it in your imagination.
6. Look for someone who needs your help, and turn your attention toward them.
7. Go back to 1.

**Directions:** Cut out and place in envelopes randomly for distribution.

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| <ul style="list-style-type: none"> <li>• turns us in on ourselves</li> </ul>   | <ul style="list-style-type: none"> <li>• directs our focus outside and beyond ourselves</li> </ul>                           |
| <ul style="list-style-type: none"> <li>• drives us down the spiral ever deeper into our own negative feelings</li> </ul> | <ul style="list-style-type: none"> <li>• lifts our hearts so that we can see the joys and sorrows of other people</li> </ul> |
| <ul style="list-style-type: none"> <li>• cuts us off from community</li> </ul>   | <ul style="list-style-type: none"> <li>• bonds us more closely to our human community</li> </ul>                             |
| <ul style="list-style-type: none"> <li>• makes us want to give up on things that used to be important to us</li> </ul>   | <ul style="list-style-type: none"> <li>• generates new inspiration and ideas</li> </ul>                                      |
| <ul style="list-style-type: none"> <li>• takes over our whole consciousness and crowds out our vision</li> </ul>         | <ul style="list-style-type: none"> <li>• restores balance and refreshes our inner vision</li> </ul>                          |
| <ul style="list-style-type: none"> <li>• drains us of energy</li> </ul>  | <ul style="list-style-type: none"> <li>• shows us where God is active in our lives and where he is leading us</li> </ul>     |
|  | <ul style="list-style-type: none"> <li>• releases new energy in us</li> </ul>  |