



6 July 2026
GREAT DECEPTIONS
“Self-Deception (III)”

With regard to self-deception, we have pointed out that this is indeed a dangerous state that can also make one susceptible to the deceptions that occur in the world and in the Church. Before I go into more detail on this tomorrow, I would first like to explain what other circumstances can lead to self-deception.

It is important to consider that some blindness regarding self-knowledge is also partly caused by emotional wounds. For example, if someone was disproportionately harshly reprimanded by his father for every mistake or excessively physically disciplined during his upbringing, he will find it more difficult to recognize God as a loving Father to whom he can open himself unreservedly to confess his faults and sins. In this case, a path of inner healing is necessary because unprocessed wounds can trigger subconscious resistance to God as a benevolent Father. Experiences that have not yet been sufficiently overcome hinder this essential recognition of God.

It is not impossible that, for some people, negative experiences may even make access to the Christian faith as a whole more difficult, and they may, under certain circumstances, find it easier to turn to other religious systems. Yet recognizing our loving Father and having a trusting relationship with Him is immensely important for freeing ourselves from our negative inclinations, from the darkness of the heart, and from every form of self-centeredness—and for being able to bring these openly before God. Overcoming blockages caused by unhealed wounds is also important.

It helps to persistently bring these wounds to God in prayer and ask for the Holy Spirit. Immersing yourself in the love of Christ and receiving His silent presence before the Blessed Sacrament—which warms the soul like the sun—can soothe these wounds, and over time, this can even heal them completely. When this happens, the barriers—some of which are unconscious—are removed, making it easier to have free and open access to God. This also clears the way for us to entrust our own sins and failings to God, and we become more aware of the reality of our existence. Here it is important to emphasize that, perhaps, with our intellect and through faith, we have already affirmed that a loving Father watches over us and that we can entrust ourselves to Him without hesitation. However, from the depths, a resistance that has not yet been overcome may arise. This darkness must be touched by the light of God.

It is possible that we already sense this resistance to God vaguely, but everything remains more like “in a fog.” This continues to create a barrier within us, preventing us from entering into the right relationship of love and trust with our Father.

Here, too, the Holy Spirit is key. To Him we entrust our unconscious depths, from which this resistance can arise—whether it is still influenced by wounds or simply because we inwardly refuse to see ourselves as God sees us and have settled into our own illusory notions about ourselves.

Clearly, this requires a decision on our part. With God’s help, we must be willing to use our willpower to clear away everything standing in the way of an awakened, realistic relationship with our Father. Even in the midst of our blindness, we can cry out to the Lord to open our eyes, as the psalmist says, “*But who can discern his errors? Clear thou me from hidden faults!*” (Psalm 19:12)

If we sincerely ask the Holy Spirit, He will answer us and—according to our capacity—gently lead us out of our inner captivity and allow the words of life to penetrate us, provided we desire and permit it.

I am aware that I am touching on a generally lesser-known area here, but it can be important in terms of healing and liberating the human person. I call this process “deep evangelization” and would be happy to explore it in greater depth another time. Today, I am only briefly addressing it because it concerns an element that can negatively influence self-deception.

When, through God’s grace in the Holy Spirit, we are led out of self-deception—which can occur even partially and be particularly effective in certain areas—we also become very vigilant against all kinds of external deceptions. In the Holy Spirit, we are better able to recognize every deviation from the truth and every attempt to relativize it, for He has opened our eyes. We are given eyes to see and ears to hear more clearly. Thus, we more easily identify deceptions, pretenses, and illusory notions of all kinds. Thus, overcoming self-deception becomes an important tool for discerning spirits. The following addresses will demonstrate just how important this is through several examples.

Reflection on the Daily Reading: <https://en.elijamission.net/gods-love-is-courting-us/>

Reflection on the Daily Gospel: <https://en.elijamission.net/wachstum-im-glauben/>