

Preface: This work is inspired by C.S Lewis' *The Screwtape Letters*. In *The Screwtape Letters*, demons try to tempt their target away from God. The demons in my letter are Lilith and Malaphas. For my personal Screwtape Letter, I wrote about my unique perspective with cystic fibrosis and how my faith in God strengthens my identity with CF.

### My Screwtape Letter

My beloved Lilith,

You seem pretty sure that your patient's lifelong disease is already a victory or that your patient is going to be easier to tempt, but you are most certainly wrong. I cannot believe I have taught you to be this naïve! The Enemy uses this heartbreaking condition to gently push the patient into strengthening values of perseverance, kindness and overall quiet confidence. A person born with a disorder is the absolute perfect way for the Enemy to work his way into the patient by creating an environment where the patient learns to cultivate many virtues. Because of this, your patient is going to be more difficult to sway than you think. So be warned, do not only focus on the disease itself but make her believe that her disease is what defines her as a human being.

Your first task is to convince her that her genetic disorder is what defines her life and existence. Make her believe that she is also the disease. Whisper in her ear that every opportunity that she never took is evidence that she is defective and broken. The Enemy will try to comfort the girl and tell her that her identity lies with Him but make her dismiss every word that the Enemy tells her. Let her notice that her body is infested with a darkness that she will never be able to escape.

Since she has grown up with this disease her entire life, she has become natural at persevering through the hard times. She can withstand adversity but is also considered resilient by pushing the limitations of her condition. But as you know, my dear Lilith, resilience is damaging to our mission in every single way meaning that you need to create a plan in order to slowly drain her confidence and strength to fight. Make her despise the strength that made her push forward in any situation. Let her think that she always has to fight to stay healthy and alive. Whisper to her that most people do not have to fight so hard to obtain a healthy lifestyle. If you can turn her into a more unpleasant human being, then you are leading her on the right path for our cause.

Another strategy to tempt your patient will be attacking her relationship with the Enemy. Humans born with a life-threatening disease are more prone to ask the very dangerous question, "Why me? Why am I the person who must live with this condition?" Encourage your patient to dive into this question but not so much where she leans into finding the truth. If she searches for truth, the Enemy will exploit her by saying positive statements such as, "Because I believe that you are brave and strong enough to face this challenge. I know that you will never give up." Instead, twist her version of the Enemy by making him appear as the bad guy or the villain. Allow her to think that "He must not care," or "Is he punishing me?" Let her believe that the Enemy turned on her from the very beginning and that He owes her an explanation for why she was "chosen" to live with a disorder. The more her relationship with the Enemy crumbles, the easier it will be to draw her closer to our side.

Before I finally conclude this letter, Lilith, remember that the Enemy will turn this girl's disorder into a heroic trial of bravery and perseverance saying that she is absolutely perfect just the way she is. The Enemy will try to convince her that the condition helped her grow as a person shaping her personality and identity. However, you must prevent her from seeing the positive side of her disease. Keep her thinking about her fear for the future or the unfairness of this entire situation. If she ever discovers that her condition has made her grow into an amazing child of God, then you have lost her completely.

Your wonderful father,  
Malaphas