

PARISH FAMILY ABLAZE PRAXIS (2-2-20)

THE ANIMA CHRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Never permit me to be parted from You.

From the evil Enemy defend me.

At the hour of my death call me and bid me come to You,

that with Your Saints I may praise You for age upon age. Amen.

THE HOLY SPIRIT OF GOODNESS

- I. Restoring Goodness through Redemption—A New Creation in the Order of Grace:
 - A. Mary—“Full of Grace”:
 1. The goodness of holiness—Immaculate Conception
 2. The goodness of virginity and marriage
 3. The goodness of family, motherhood, and children—Incarnation/Nativity
 - B. Joseph:
 1. The goodness of marriage and family
 2. The goodness of fatherhood
 3. The goodness of foster care and celibacy
 - C. Jesus:
 1. The goodness of God’s love—the Gospel (“Good News”)
 2. The goodness of humanity, marriage, family, sexual identity, and creation
 3. The goodness of celibacy for the sake of the Kingdom
 - D. Replanting the Tree of Life—The Cross of Calvary = Death for the Good Life
- II. The Holy Sacrifice of the Mass—Eating from the Tree of Life for the Good Life rather than eating from the Tree of the Knowledge of Good and Evil for Death

MASS UNFOLDS AS GOOD OVERCOMES EVIL

- A. The Sign of the Cross (The Tree of Life):
 1. Incarnation for grace overcomes infestation from sin
 2. Loving sacrifice/saving supper overcomes selfishness and greed
 3. Trinitarian God Who is Love as an Eternal Holy Communion of Divine Persons overcomes the alienation of the world, the flesh, and the Devil
- B. “I Confess”—Humility and honesty overcomes pride and dishonesty
- C. “Lord have mercy”—The Mercy of God overcomes the envy of the Devil
- D. “Glory to God in the highest”—Glorifying God crushes vanity and narcissism
- E. Scripture/Gospel/Homily/Creed—Truth vanquishes the lies of the world and the Devil
- F. Petitions—Trust and dependence in God overcomes independence and idolatry
- G. Eucharistic Prayer/Holy Communion—Worship in Spirit and Truth replaces idolatry and slavery to the Devil

By the power of the Holy Spirit (Love)
I give myself through, with, and in Jesus (Truth)
to the Father (Perfect Goodness)
so that the Father (Perfect Goodness)
will give to others—through, with, and in me—His Son (Truth)
in the power of the Holy Spirit (Love)

- H. Reflection after Holy Communion—Contemplation overcomes ignorance and error
- I. “Go and announce of the Gospel of the Lord”: Evangelization and Mission defeats Satan’s Kingdom and establishes God’s Kingdom and Family

TABLE TALK QUESTIONS

- I. What aspect of Joseph’s goodness do I find attractive? Why?
- II. During what part of the Mass do I find it most difficult to receive God’s goodness? Why? What could I do to improve my receptivity during this part of the Mass?

SACRED SEVEN QUESTIONS

- ___ 1. God is not in any way—directly or indirectly—the cause of evil.
- ___ 2. Jesus did not come to abolish all evils here on earth but rather to free us especially from the slavery of sin.
- ___ 3. The grace of Christ is operative in EVERY PERSON who, following a correct conscience, seeks and loves the true and the good and avoids evil.
- ___ 4. Because freedom implies the possibility of choosing between good and evil, a person who chooses only what is good exercises less freedom than a person who chooses what is both good and evil.
- ___ 5. Because a person, according to his conscience, perceives something to be good, it therefore means that it is truly good.
- ___ 6. An evil act committed through involuntary ignorance is not imputable to the person.
- ___ 7. Ignorance in bliss, in that I am not guilty of any evil I do if I am ignorant of the fact that it is evil.

MISSION

- I. Morning Prayer: “Renewal of Baptismal Promises,” “Angel of God,” “Glory Be,” and “The Anima Christi”
- II. Mental Prayer During the Day (15-30 minutes):
 - A. The Rosary
 - B. Journal Meditation:
 - 1. 5-10 Minutes of Scriptural or spiritual reading
 - 2. 5-10 Minutes writing to either the Father, Son, or Holy Spirit
 - 3. 5-10 Minutes recording what you believe God is saying to you

III. Examination of Conscience and Act of Contrition:

Saint Paul writes to the Romans: “[God] will repay everyone according to his works, eternal life to those who seek glory, honor, and immortality through perseverance in good works, but wrath and fury to those who selfishly disobey the truth and obey wickedness. Yes, affliction and distress will come upon everyone who does evil, Jew first and then Greek. But there will be glory, honor, and peace for everyone who does good, Jew first and then Greek. There is no partiality with God” (Romans 2:6-11).

1. Consider each good deed you have done today with the right intention and in the proper circumstances, that you believe would withstand the scrutiny of the Holy Spirit of Truth.
2. Consider each wicked deed you have done today in selfish disobedience, considering the good (true or apparent), the intention, and the circumstances.
3. Ask the Holy Spirit strengthen in your soul the gifts of knowledge, understanding, wisdom, and counsel to help you always desire true goods with right intentions in the proper circumstances.