

## PARISH FAMILY ABLAZE (10-20-19)

### ACT OF CONTRITION

Oh my God, I am heartily sorry for having offended Thee,  
and I detest all my sins because of Thy just punishments,  
but most of all because they offend Thee, my God,  
Who art all good and deserving of all my love.  
I firmly resolve with the help of Thy grace to sin no more  
and to avoid the near occasion of sin. Amen.

### PRAXIS: THE SPIRIT OF TRUTH FORMS US IN THE TRUTH ABOUT CREATION, ABOUT THE FALL, AND ABOUT REDEMPTION

- I. **NATURAL LAW:** The Holy Spirit affirms and strengthens in us the truth about the Created Order:
  - A. In goodness and love, God created all visible and invisible creatures and persons from nothing.
  - B. Humans are created with equal dignity as sacred persons in God's image and likeness, and therefore must be not only respected but also loved.
  - C. Sexual identity is either male or female and must be embraced with gratitude.
  - D. Marriage:
    1. A sacred covenant between a male and female
    2. Couples by the marital act become "one body":
      - a. To "till and keep" all creation in complementary dominion
      - b. To "be fruitful and multiply and fill the face of the earth"
      - c. To complete creation with the Creator as co-workers and "pro-creators"
  - E. The Reality behind all visible and invisible reality is God, who can be known with certainty.
- II. **THE LAPSED CREATED ORDER AND OUR BROKENNESS**—The Holy Spirit gives us the humility to know and acknowledge our particular brokenness and sin:
  - A. Intellect—prone to ignorance and error
  - B. Will—troubled by fear and temptation to "eat" forbidden fruit
  - C. Emotions—misdirected and difficult to master
  - D. Body—suffering, disease, death
- III. **REDEMPTION (THE ORDER OF GRACE)**—By grace, the Holy Spirit, in our soul and body:
  - A. Heals
  - B. Strengthens (Confirmation/Conviction)
  - C. Sanctifies
  - D. Perfects (Divinization)
- IV. **AGAIN:** The Holy Spirit will Reveal the Truth to you if you: Believe/Celebrate/Live/Pray
  - A. Believe:
    1. Renew your Baptismal Promises each morning
    2. Spend time in Eucharistic Adoration
  - B. Celebrate—Cooperate with the Holy Spirit and Worship in Spirit and Truth:
    1. Go to Confession when necessary and regularly
    2. Receive Holy Communion frequently in a state of grace
  - C. Live—Ask the Holy Spirit and your guardian angel to remind you:

1. To acknowledge Christ's Presence in the Eucharist at points during each day
2. To call upon Mary at points during each day
3. To call upon the Holy Spirit to increase your love of God:
  - a. In times when you are tempted to sin out of fear
  - b. In times when you are tempted to sin by "eating" forbidden fruit
- D. Pray—Before going to sleep: Examination of Conscience and a sincere "Act of Contrition," "Our Father," "Hail Mary," and "Glory Be."
- E. **CENTRAL FOCUS: 1) GETTING INTO AND REMAINING IN A STATE OF GRACE BY 2) OBEYING GOD—WHICH BEARS FRUIT BY:**
  1. Giving CLARITY OF VISION (Purity of Heart)
  2. Putting LOVE OF GOD AND NEIGHBOR INTO ACTION

### TABLE TALK QUESTION

Is there a particular truth of the Catholic faith that you especially treasure? How has this truth shaped your life, and have you shared this truth with others in fruitful proclamation of the Gospel?

### SACRED SEVEN QUESTIONS

- \_\_\_ 1. Natural law is inscribed by the Creator on the heart of every human person.
- \_\_\_ 2. Only by revelation can a human person discern right from wrong.
- \_\_\_ 3. By natural law humans are able to discern the duties and fundamental rights of persons.
- \_\_\_ 4. The natural law is perceived by everyone with equal clarity and immediacy.
- \_\_\_ 5. Moral issues are religious concerns and should not be political ones.
- \_\_\_ 6. Christ came to abolish all law and replace it with the truth about love.
- \_\_\_ 7. A Catholic can, in good conscience and without sinning, personally oppose abortion but support another person's right to choose abortion.

### MISSION

- I. Morning Prayer: "Renewal of Baptismal Promises," "Angel of God," "Glory Be"
- 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:
  - A. Did I call upon the Holy Spirit and my guardian angel to help me see the truth about both my goodness and virtues and about my sinfulness and vices? Did I cooperate with the grace of the Holy Spirit to grow in virtue and overcome vices?
  - B. Did I cooperate with the movements and actions of the Holy Spirit to speak in truth to others motivated by love for them, especially in regard to my family and to those with whom I frequently associate?
  - C. Did I ignore the voice of the Holy Spirit in my conscience and lie, cheat, or steal?







