

Alongside the Ten Commandments, the Church presents these “Precepts” or standards for basic fidelity to the Catholic Faith:

- ◇ You shall attend Mass on Sundays (or its Vigil) and obligatory holy days and rest from servile labor.
- ◇ You shall confess your (mortal) sins at least once a year.
- ◇ You shall receive the sacrament of the Eucharist at least once during the Easter season.
- ◇ You shall observe the days of fasting (one full meal and two lighter meals) and abstinence (from meat on Ash Wednesday, all Fridays of Lent, and Good Friday) established by the Church.
- ◇ You shall help to provide for the needs of the Church (household, parish, diocesan, and worldwide)
- ◇ You shall observe the Church’s laws concerning Marriage (seeking Church preparation for and celebration of the Sacrament)

## **HOW TO GO TO CONFESSION**

*You and/or the priest begins with the Sign of the Cross*

**“Bless me, Father, for I have sinned. It has been [this long] since my last Confession.”**

*+Continue by talking to the priest about your sins. For the sake of a thorough Confession, you should estimate the number of times you committed mortal sins, and provide any circumstances that might alter your responsibility. The priest may ask questions for the sake of clarity or helpfulness, and you are welcome to do the same. After you have confessed your sins, say:*

**“For these and all my sins, I am truly sorry.”**

*+The priest may offer further words of encouragement or direction, but in any case he will assign you a penance of prayers or charitable works.*

*+Express your sorrow to the Lord in an **Act of Contrition** (found in this booklet)*

*+The priest will pronounce over you the Formula of Absolution, extending the merits of Jesus’ Passion into your life. When the priest says, “I absolve you of your sins, in the Name of the Father, and of the Son, and of the Holy Spirit,” seal yourself in that mercy by making the Sign of the Cross.*

*+The Confession may end with dialogue like this:*

Priest: “Give thanks to the Lord, for He is good.” You: **“His mercy endures forever.”**

Priest: “The Lord has freed you from your sins. Go in peace.” You: **“Thanks be to God.”**

*+Now return to the people and situations of your life, as a new person, in the mind and heart of Jesus. And keep coming back!*

# **TREASURY OF PRAYER**

A compilation of cherished texts and methods of communication with God to be consulted “for better and for worse, for richer and for poorer, etc.” for the sake of a faithful and fruitful relationship with Father, Son, and Holy Spirit

*Revised edition 01/2020; Pray for the editors and donors*



The acronym **ACTS** summarizes the four motives for prayer:

**Adoration:** acknowledging God’s majesty and splendor

**Contrition:** expressing sorrow and hatred for our failures to love

**Thanksgiving:** recognizing the Giver of all good gifts, even in the midst of trials

**Supplication:** begging the graces and blessings needed to be confident disciples.

## **THE LORD’S PRAYER**

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come, Thy Will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## **THE HAIL MARY**

Hail, Mary, full of grace, the Lord is with Thee: blessed art Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **THE GLORY BE**

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen.

## **APOSTLES’ CREED**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## **THE JESUS PRAYER**

Lord Jesus Christ, Son of God, have mercy on me, a sinner!

## THE HOLY ROSARY

### JOYFUL MYSTERIES

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of the Child Jesus in the Temple

### LUMINOUS MYSTERIES

1. Christ's Baptism in the Jordan
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

### SORROWFUL MYSTERIES

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

### GLORIOUS MYSTERIES

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Our Lady

### THE FATIMA PRAYER

O My Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of Thy Mercy.

### SUB TUUM PRAESIDIUM

We fly to thy patronage, Holy Mother of God! Despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin!

### THE HAIL, HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope! To thee do we cry, poor, banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus! O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O holy Mother of God,

**R. That we may be made worthy of the promises of Christ.**

*(When the prayer is ending a Rosary, include)*

Let us pray. O God, Whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life: grant, we beseech Thee, that by meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ, our Lord. Amen.

action)

- ◆ Using any method of artificial birth control, separating the bonding purpose of sex from the procreative purpose

### YOU SHALL NOT STEAL.

- ◆ Taking (or “permanently borrowing”) what is not yours
- ◆ Not returning or making restitution for stolen items
- ◆ Intentionally deceiving someone in business or committing fraud
- ◆ Being dishonest with taxes
- ◆ Cheating in tests or games
- ◆ “Padding” expense accounts
- ◆ Mistreating borrowed items
  - + Do I perform to the best of my ability at work, school, or home, or rather do I waste my time and energy?
  - + Do I pay my debts promptly?
  - + Do I seek to share what I have with the less fortunate?

### YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

- ◆ Lying in order to deceive, escape trouble, or look better
- ◆ Dealing with others insincerely
- ◆ Revealing matters that should be kept confidential, or failing to reveal what should be disclosed
- ◆ Engaging in gossip or “trash-talk”
- ◆ Being eager to spread or hear bad news about others
  - + Do I follow through on promises and commitments?

### YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

- ◆ Giving time and attention to impure thoughts
- ◆ Fostering impure thoughts with impure literature, movies, websites or conversations
  - + Keep guard over your imagination
  - + Promptly pray or occupy yourself gainfully to dispel impure thoughts and temptations
  - + Show modesty in attire, behavior, and speech

### YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.

- ◆ Envying the possessions or relationships that others have
- ◆ Resenting those who seem to be more popular/intelligent/successful/attractive/.....)
- ◆ Esteeming or despising others based on their appearance or dress
- ◆ Being greedy or selfish
  - + Are material possessions the purpose of my life/work/relationships?
  - + Do I trust that God cares for all my material and spiritual needs? Do I actively care for others' needs?

- + “Does my manner of speaking identify me as a Christian?”

#### **REMEMBER TO KEEP HOLY THE LORD’S DAY.**

- ◆ Deliberately missing Mass on Sundays or Holy Days of Obligation (Sickness and foul weather aren’t our fault!)
- ◆ Performing needless work on Sunday
  - + Support the Church as best as possible by donations, volunteering, etc.
  - + At Mass, listen attentively, praying and singing aloud
  - + Fast from food and drink (except water) one hour before Communion
  - + Try to observe Sunday as a day for family and rest

#### **HONOR YOUR FATHER AND YOUR MOTHER.**

- ◆ Failing to respect and obey parents and superiors
- ◆ Refusing to communicate with parents, family, or superiors
- ◆ Neglecting the religious & moral education of one’s children
- ◆ Giving poor religious & moral example to family, especially youth
  - + Bring peace to home life, workplace, or school
  - + Treat aged and infirm relatives with care and respect

#### **YOU SHALL NOT KILL.**

- ◆ Physically harming anyone, or oneself
- ◆ Doing violence by damaging another’s reputation, honor, or goods
- ◆ Having an abortion or encouraging anyone to have an abortion
- ◆ Mutilation through any form of sterilization (vasectomy/tubal ligation), or encouraging another to do so
- ◆ Harboring evil wishes or intentions toward another person
- ◆ Giving scandal to others, thereby leading them into sin
- ◆ Not showing mercy to those one might consider “undeserving”
- ◆ Showing prejudice based on color, language, sexuality, or ethnic-religious background
- ◆ Endangering one’s own or others’ lives by driving recklessly or under the influence of drugs, alcohol, or telephone
- ◆ Abusing any of God’s gifts by over/under-eating, excessive gambling, drinking or smoking
  - + Notice your own faults & mistakes before you notice others’
  - + Make more compliments than complaints
  - + Encourage people and do not tear them up
  - + Show gratitude for what people do for you

#### **YOU SHALL NOT COMMIT ADULTERY.**

- ◆ Engaging in *any* sexual activity outside of marriage (alone or with others, same or opposite sex)
- ◆ Persisting in deliberate arousal outside of marriage even though “it didn’t go any further”
- ◆ Using others as objects, rather than respecting them as persons (in thought, word or

#### **THE ANGELUS**

V. The angel of the Lord declared unto Mary,

R. And she conceived by the Holy Spirit. Hail, Mary...

V. Behold the handmaid of the Lord:

R. Be it done unto me according to Thy Word. Hail, Mary...

V. And the Word was made flesh,

R. And dwelt among us. Hail, Mary...

V. Pray for us, O holy Mother of God,

**R. That we may be made worthy of the promises of Christ.**

Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts: that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen.

#### **THE REGINA CAELI**

Queen of heaven, rejoice, alleluia!  
For the Son whom thou didst merit to bear, alleluia!

Has risen as He said, alleluia! Pray for us to God, alleluia!

V. Rejoice and be glad, O Virgin Mary, alleluia!

**R. For the Lord has truly risen, alleluia!**

Let us pray. O God, who by the Resurrection of Thy Son, our Lord

Jesus Christ, hast brought joy to the world; grant, we beseech Thee, that through the Virgin Mary, His Mother, we may merit to receive the joys of everlasting life. Through the same Christ, our Lord. Amen.

#### **THE ACT OF FAITH**

O my God, I firmly believe that Thou art one God in three Divine Persons: the Father, the Son, and the Holy Spirit. I believe that the divine Son became man and died for our sins, and that He will come again to judge the living and the dead. I believe these and all the truths which Thy holy Catholic Church teaches, because Thou hast revealed them, Who can neither deceive nor be deceived. Amen.

#### **THE ACT OF HOPE**

O my God, relying on Thy infinite goodness and promises, I hope to obtain pardon for my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

#### **THE ACT OF LOVE**

O my God, I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

### THE ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because I have offended Thee, my God, Who art all-good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

### THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto Thee, O Virgin of Virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer them. Amen.

### PRAYER TO ST. JOSEPH

O glorious St. Joseph, model of all who are devoted to labor, obtain for me the grace to work in the spirit of penance in expiation of my many sins; to work conscientiously by placing love of duty above my inclinations; to graciously and

joyously deem it an honor to employ and to develop by labor the gifts I have received from God; to work methodically, peacefully and in moderation and patience, without ever shrinking from it through weariness or difficulty; to work, above all, with purity of intention and unselfishness, having unceasingly before my eyes death and the account I have to render of time lost, talents unused, good not done and vain complacency in success, so baneful to the work of God. All for Jesus, through Mary, all to imitate thee, O Patriarch St. Joseph! This shall be my motto for life and eternity. Amen.

### PRAYER OF ST. FRANCIS

Lord, make me an instrument of Your peace: where there is hatred, let me sow love; where there is injury; pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

## The Sacrament of Reconciliation



It's unsafe to drive without regularly changing your oil, and unhealthy never to change your toothbrush; how much worse is it to allow sin to build up in your soul! No more gunk in the spiritual engine! No more "Truth Decay!"

Let the Holy Spirit help you to honestly examine your relationship with God and your fellow human beings. With genuine sorrow for your offenses, share the fruits of your reflection with the priest whom Jesus entrusted with the authority to forgive your sins in His Name (cf. Jn 20:23). Assist in your own renewal by offering penitential prayers and actions. **The Church in heaven and on earth is praying for you and rejoices in your repentance!**

The Ten Commandments present various ways we may need to grow in relationship with God and neighbor. **Sins that seriously violate that relationship, when committed with full understanding and freedom, are called "mortal" and must be confessed promptly.** Indented underneath the "nots" are underlined suggestions or questions to help you move in a better direction.

### I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- ◆ Engaging in superstition or the occult (horoscopes, mediums, etc.)
- ◆ Making job or reputation into an idol
- ◆ Resisting God's Word as taught by the Church
- ◆ Praying *only* when it is convenient or when in need
- ◆ "Going along with the crowd," not with one's values and beliefs
  - + Allow God into work, studies, recreation, and other activities
  - + Defend the Faith when faced with objections or questions
  - + Stand up for beliefs in the company of friends, workmates, classmates, and at social events
  - + Deepen understanding and appreciation of God and the Faith alongside academic, athletic, and professional skills
  - + Foster knowledge and love of God in the family through prayer, Scripture reading, and discussion of the Faith

### YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- ◆ Using God's Name angrily or carelessly
- ◆ Receiving Holy Communion with unconfessed mortal sin
- ◆ Deliberately withholding a mortal sin in Confession
- ◆ Insulting a religious person or misusing a sacred object
- ◆ Resenting God for illness or misfortune
- ◆ Allowing observance of God's law to become ritualistic, no longer a "matter of the heart"

1-3, Love of God/4-10, Love of Neighbor  
**BEATITUDES** (Matthew 5)  
Christ as Incarnate Template of/Way to  
Happiness/Blessedness

### PRAYER

The raising of the mind and heart to God;  
the desire of good things from God (what  
redounds to our health, safety, salvation)

*The interiorization of the Christian  
mystery*; God's activation of a personal  
relationship within a believing,  
worshipping, living community

*God's Gift/Covenant/Communion* with us  
(Covenant: love-based relationship with  
mutual rights and corresponding  
responsibilities)

*Presence to the Presence*

"Lord, let me know myself; let me know  
You" (St. Augustine)

—through Eucharist and all Sacraments;  
Scriptures; praying Assembly; Priest  
Prayer is the "glue" of Church doctrine,  
liturgy, and morality, so each of these  
domains becomes living and active for us

God desires and deserves our physical  
and spiritual communion with Him

### MOTIVES FOR PRAYER

Adoration: L. *ad + ora* (mouth-to-mouth;  
kiss; cf Song 1:1); conveying  
vulnerability, affection; worth-ship; God  
for God's sake

Contrition: L. *conterere* (to crush);  
repentance, humbling

Thanksgiving: for everyone and  
everything

Supplication: for everyone and everything

**The seven petitions** of The Lord's Prayer  
summarize Christian prayer:  
-Our; -Father; -"Heaven"=↓

*Passive Petitions*:

1-Name, **Hallowed**

2-Kingdom, **Come**

3-Will, **Done**

*Active Petitions*:

4-**Give**, Today, Daily (epiousion) Bread

5-**Forgive** (Conditionally!) Debts

6-**Lead** Not into Temptation

7-**Deliver** from Evil

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The bottom of the chalkboard: attempts to  
illustrate the "**Both-And**" approach of  
Catholic theology and practice. Our faith  
considers the value of apparent opposites  
and harmonizes them. Often we can see it  
in terms of extremes for which "virtue lies  
in the middle."

God and Man at opposite ends as realities  
not in opposition but together; reliance on  
one to the exclusion of the other leads to  
imbalance, heresy, etc.

**Harmonization example**: *fides quae* and  
*fides qua* ("the faith which and the faith  
by which) indicate the *content* and the  
*relationship* that faith are at once.

**Middle example**: trust is the virtue  
between the God-side opposite of  
presumption ("salvation is \*all on God\*")  
and despair ("salvation is \*all on  
humans\*")

The triangle: **Wisdom** is the communion  
of knowledge, experience, and care.

### SELF-DEDICATION TO JESUS CHRIST

Take, O Lord, and receive all my  
liberty. Take my memory, my  
understanding, and my entire will.  
All that I am and all that I possess,  
You have given me. I surrender it to  
You now to be disposed of wholly  
according to Your Will. Give me  
only Your love and Your grace: with  
these I will be rich enough, and will  
desire nothing more.

### THE MORNING OFFERING

O Jesus, through the Immaculate  
Heart of Mary, I offer You my  
prayers, works, joys, and sufferings  
of this day: for all the intentions of  
Your Sacred Heart, in union with  
the Holy Sacrifice of the Mass  
throughout the world, in reparation  
for my sins, for the intentions of all  
my associates, and in particular for  
the intentions recommended this  
month by our Holy Father.

### THE EVENING OFFERING

O my God, I adore You, and I love  
You with all my heart. I thank You  
for having created me and saved me  
by Your grace, and for having  
preserved me through this day. I  
pray that You will take for Yourself  
whatever good I have done this day,  
and that You will forgive me  
whatever evil I have done. Protect  
me this night, and may Your grace  
be with me always. Amen.

### PRAYER OF ST. GERTRUDE

Eternal Father, I offer Thee the  
Most Precious Blood of Thy Divine  
Son, Jesus, in union with the  
Masses offered throughout the  
world today, for all the holy souls in  
Purgatory, for sinners everywhere,  
for sinners in the Universal Church,  
those in my own home and within  
my family. Amen.

### PRAYERS FOR ADORATION

My Lord and my God, I firmly  
believe that You are here, that You  
see me, that You hear me.

I adore You with profound reverence! I  
beg pardon for my sins and the grace to  
spend this time fruitfully. My  
Immaculate Mother, St. Joseph, my  
father and lord, my Guardian Angel,  
intercede for me. Amen.

May the most holy, the most just, and the  
most lovable Will of God be in all things  
done, praised, and magnified forever!

O Sacrament most Holy, O Sacrament  
Divine, all praise and all thanksgiving be  
every moment Thine!

### THE DIVINE PRAISES

Blessed be God.

Blessed be His holy Name.

Blessed be Jesus Christ, true God  
and true man.

Blessed be the Name of Jesus.

Blessed be His most Sacred Heart.  
Blessed be His most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

*May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored and loved, with grateful affection, at every moment, in all the tabernacles of the world, even until the end of time. Amen.*

#### **ACT OF SPIRITUAL COMMUNION**

I wish, my Lord, to receive You with the purity, humility, and devotion with which Your most holy Mother received You, with the spirit and fervor of the saints.

#### **ANIMA CHRISTI**

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ,

inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Your wounds, hide me. Permit me not to be separated from Thee. From the malignant enemy defend me. At the hour of death, call me, and bid me to come to Thee, that with Your saints I may praise Thee, forever and ever. Amen.

#### **CHAPLET OF DIVINE MERCY**

*Begin with:* Our Father, Hail Mary, Apostles' Creed

*Then, on the Our Father beads, say the following words:* Eternal Father, I offer You the Body and Blood, Soul and Divinity, of Your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.

*On the Hail Mary beads, say:* For the sake of His sorrowful Passion, have mercy on us and on the whole world.

*In conclusion, say three times:* Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Eternal God, in Whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, so that in difficult

of Jesus' entire mystery

- \* Lent: penitential prep for Baptism
- \* Easter: Paschal Mystery culminates in Resurrection/Baptism
- \* Ordinary Time after Pentecost

#### **MORALITY**

Choices, acts of the will, in harmony with our creation *imago Dei* (in the image of God, Communion of life and love); how we ought to live based on who we are

**PASCHAL MYSTERY**: God-the Son became man—grows, lives, teaches, forgives, challenges, consoles, suffers, proclaims the Gospel (*prophet*), sanctifies / consecrates through sacrifice (*priest*), shepherds/directs/governs (*king*), establishes the Church, dies, rises in human nature, ascends into heaven, and sends the Holy Spirit into the Church for man's Redemption/Salvation/freedom from sin, suffering, and death

Liturgy is: sacrifice →PRESENT  
                  memorial →PAST  
                  banquet →FUTURE  
                  an "unbloody" re-presentation of the Lord's One Sacrifice; and we offer ourselves (prayers, works, joys, and sufferings) in union with that sacrifice

Passover: Jewish ritual/reenactment/recalling/ re-stor-ation of God's saving action for His people, inserting people into an eternal (outside-of-time) event occurring in a particular moment of time

Passover becomes a type that foreshadows the Lord Jesus' Self-Offering in-the-fullness-of-time

#### **ESSENTIAL HUMAN FACULTIES**

Will (Freedom), for Goodness: Gifts 4,6,7  
Intellect (Understanding), for Truth: Gifts 1,2,3,5

Emotions (Passions), for Beauty

#### **GIFTS OF THE HOLY SPIRIT**

- 1– Wisdom
- 2– Understanding
- 3– Counsel (Right Judgment)
- 4– Courage (Fortitude)
- 5– Knowledge
- 6– Reverence (Piety)
- 7– Holy Fear (Wonder and Awe)

#### **THEOLOGICAL VIRTUES**

Faith: **What** we believe, **How** we believe  
Hope: reliance on God's good promises  
Love/Charity: willing the good for God/others/self

#### **CARDINAL (MORAL) VIRTUES**

Prudence: knowing the best way  
Justice: giving to each his due (proper)  
Temperance: regulating of appetites  
Fortitude: pursuing the good firmly

#### **CAPITAL SINS**

Pride: Self first, not God (Satan/Michael)  
Avarice (Greed): inordinately seeking stuff, honor, possessions, relationships  
Lust: sensual pleasures; confusion of using things and loving persons  
Envy: desiring others' talents, possessions, relationships; clinging to one's own  
Gluttony: overindulgence in food, etc.  
Anger: displeasure at frustration, inconvenience, dissatisfaction  
Sloth: sluggishness, laziness, distaste for spiritual goods; fear-based

#### **10 COMMANDMENTS** (Ex 20; Dt 5)

- 4-Suffered, Crucified, Buried
- 5-Descended, Rose Again
- 6-Ascended into Heaven, Seated at Father
- 7-Judge of Living and Dead
- 8-Holy Spirit
- 9-Church (One, Holy, Catholic, Apostolic)
- 10-Communion of Saints (Heaven, Earth, Purgatory)
- 11-Resurrection of the Body
- 12-Life Everlasting

The Church: the “Body of Christ”  
(Physical, Eucharistic, Mystical)

**Triumphant:** Heaven; Rejoicing fully in God, interceding for man. **Suffering:** Purgatory. Awaiting heaven, needing prayer; **Militant:** Earth. Praying for those being purged, seeking saints’ intercession, offering daily prayers, works, joys, and sufferings.

“Marian/Petrine” Aspects of the Church

Marian: Discipleship, following Christ

Petrine: Authority, leading Christ

The two nourish and strengthen one another, though Marian precedes Petrine in time and importance

The “Last Things” (End-Time Realities)

Death: separation of soul and body

Judgment: particular (at death), final (at Parousia)

Heaven: union w/ Trinity; “beatific vision”

Hell: separation from God, yet knowing Love

### LITURGY

Gk *Laos* (people) + *ergon* (work)

God’s work/act for people, and *vice versa*

**INCARNATION:** God the Son assumed our human nature, SOUL (will, intellect, and passions) & BODY (*caro, carnis* L: flesh, “like us in all things but sin”), through the sinless ever-Virgin Mary

Humans are corporeal (bodily) and spiritual creatures—always (awaiting reunification of soul and body at the Resurrection)

Morality: What we do in and through our bodies matters.

Liturgy: Sacraments are outward (materially significant) signs, instituted by Christ and entrusted to the Church, to communicate grace (the divine life/love)

Prayer: incarnates the faith/our faith

The love of God made flesh, and useful to flesh, in the seven SACRAMENTS

- outward signs (material/spiritual)
- instituted by Christ & entrusted to the Church
- to communicate (give) grace

**INITIATION: How do we relate to God?**

Baptism, Confirmation, Eucharist

**HEALING: How does God repair us?**

Penance, Anointing of the Sick

**VOCATION/MISSION: How do I make a gift of myself?**

Matrimony, Holy Orders

### LITURGICAL SEASONS

- \* Advent: coming, arrival
- \* —in Bethlehem, at End of Days, in Word and Sacraments, in everyone
- \* Christmas: Jesus’ Nativity and surrounding events
- \* Ordinary Time: systematic unveiling

moments we might not despair nor become despondent, but with humble confidence submit ourselves to Your holy Will, which is love and mercy itself. Amen.

### PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your Love.

V. Send forth Your Spirit, and they shall be created;

R. *And You shall renew the face of the earth.*

Let us pray. O God, Who did instruct the hearts of the faithful by the light of the Holy Spirit: grant that, by the same Spirit, we may be truly wise and ever rejoice in His consolation. Through the same Christ, our Lord. Amen.

### PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.

### PRAYER TO ONE’S GUARDIAN ANGEL

Angel of God, my guardian dear, to whom God’s love entrusts me here,

ever this day be at my side to light and guard, to rule and guide. Amen.

### PRAYER BEFORE THE CRUCIFIX

Look down upon me, good and gentle Jesus, while before Your Face I humbly kneel, and with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity, true contrition for my sins and a firm purpose of amendment; while I call to mind with great love and affection Your five most Precious Wounds, pondering over them within me and calling to mind the words which the prophet David spoke long ago concerning You, my Jesus: “They have pierced my hands and feet; they have numbered all my bones.”

*We adore You, O Christ, and we praise You, because by Your holy Cross You have redeemed the world.*

### SERRAN PRAYER FOR VOCATIONS

O God, Who will not the death of a sinner but rather that he be converted and live, grant we beseech you, through the intercession of the Blessed Mary ever Virgin, Saint Joseph, her spouse, Saint Junipero Serra, and all the saints, an increase of laborers for your Church, fellow laborers with Christ to spend and consume

themselves for souls; through the same Jesus Christ, Your Son, Who lives and reigns with You, in the unity of the Holy Spirit, God forever and ever. Amen.

**PRAYER FOR THE POPE AND BISHOP**

O almighty and eternal God, have mercy on Your servant N., our Pope and N. our Bishop, and direct them according to Your clemency into the way of everlasting salvation; that they may desire by Your grace those things that are agreeable to You, and perform them with all their strength. Through Christ, our Lord. Amen.

**PRAYER FOR THE FAITHFUL DEPARTED**

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

V. O Lord, hear my prayer,  
**R. and let my cry come unto You.**

O God, the Creator and Redeemer of all the faithful, grant to the souls of your departed servants the remission of all their sins, that through our prayers they may obtain that pardon which they have always desired. Amen.

**GRACE BEFORE MEALS**

Bless us, O Lord, and these Thy gifts which we are about to receive

from Thy bounty: through Christ, our Lord. Amen.

**GRACE AFTER MEALS**

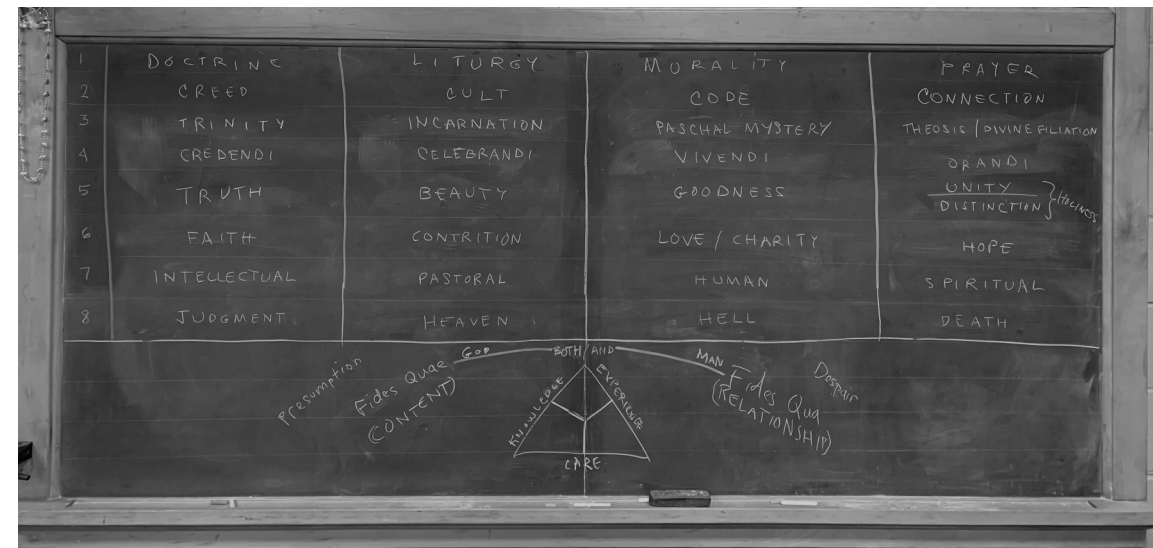
We give Thee thanks for all Thy benefits, Almighty God, who lives and reigns forever. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

**THE SERENITY PRAYER (FULL)**

God, give me grace to accept with serenity the things that cannot be changed, Courage to change the things which should be changed, and the Wisdom to distinguish the one from the other. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that He will make all things right, if I surrender to His will, so that I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen.

**PRAYER OF SAINT PATRICK**

Christ be with me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ where I lie, Christ where I sit, Christ where



**CHALKBOARD OF CATHOLIC CONTENTS**

Components correlate across each row and down each column. Rows feature:  
 1—**Pillar** of the Catechism of the Catholic Church;  
 2—Memorizable “**C-word**”;  
 3—Fundamental **Mystery** of the Faith, each found in the “Sign of the Cross”;  
 4—**Lex** (“law” or governing principle) / **Ars** (“art” or skill involved);  
 5—**Transcendental** (property of existing things that shares in God, the ultimate version);  
 6—Virtue that has its own “**Act**” or prayer-expression of it;  
 7—Dimension of **Priestly Formation** (Pope St. JP2, 1992; there are marital associations too!);  
 8—Eschatological Reality or “**Last Thing**”

**DOCTRINE**

Statement of adherence to revealed faith made in preparation for, or in affirmation of, Baptism; reciprocal relationship between God and man

**TRINITY** (Father, Son, and Holy Spirit): Three Divine Persons, distinct, sharing One Divine Nature and “Base of Operations.” A “**Communion of Persons**” patterning all other (esp. family, Church)—the eternal exchange of life and love, the fullness and pattern of holiness (“otherness”) and virtue

*Doctrine (D):* The Persons relate together “ad extra” (with creation); *Prayer (P)/Liturgy (L):* we relate with Them in personal and communal worship; *(M) Morality:* we relate with Them in and through our social relations with others and our own “private” conduct

**THE 12 ARTICLES OF THE APOSTLES CREED: I BELIEVE IN**

- 1-the Almighty Father-Creator
- 2-the Only Son and Lord
- 3-Conceived by Holy Spirit, born of Virgin Mary



There are **prayers** that we recite, often from memory (and often unthinkingly), and then there is **prayer**, classically defined as the "raising of the heart and mind to God" (Catechism, 2559). Though formal prayers certainly lend words to our desires and interests, the Lord desires intimate familiarity with us; He desires our desires. Therefore, alongside the numerous formal prayer texts in this brochure, we include two cherished practices that praying persons can employ with all their uniqueness.

### Lectio Divina

This method of prayerfully reading the Bible goes back to monastic times. We should not be afraid of engaging God's Word and allowing God to engage us.

Select a short passage of Scripture and **read** a few verses slowly. Read them again, perhaps even aloud. **Pause** over a word or phrase that "jumps out" at you (for whatever reason—it challenges you, it consoles you, it confuses you), and **reflect** on the word or phrase. Feel free to **talk** to God about what you are thinking and feeling. Calmly **allow** God to respond in the conversation, and **trust** He will continue to reveal Himself in the people and events of the day. (Four questions that sum it all up: **1. What does the text say in itself? 2. What does the text say to me? 3. What do I want to say to God about the text? 4. What difference will the text make in my life?**)

### Examen of Consciousness

"How we are experiencing the 'drawing' of God (John 6:44) in our own existential consciousness and how our sinful nature is quietly tempting us and luring us away from intimacy with God in the subtle dispositions of our consciousness—this is what the daily examen is concerned with prior to a concern for our response in our actions." (Fr. George Aschenbrenner, S.J.)

Ask the **Holy Spirit to enlighten** your heart and mind to be able to see yourself lovingly as God does. Offer **thanksgiving to God** for the specific blessings of the day and for His gifts as you made use of them. Consider the ways God has been **revealing Himself in your affections and in your responses** to the day's people and events. Alongside the sense of **joy** in God's revelations, you will also experience a sense of **sorrow and contrition** for inadequate responses to His loving presence. Conclude with a **hopeful resolution** for the future, for an increase of **sensitivity to God's movements and trust in His glorious victory and tender care.** For more information, consult [www.ignatianspirituality.com](http://www.ignatianspirituality.com)

### PRO TIP!

In meditating upon a Gospel passage, in addition to what is being said, also consider the thoughts, fears, hopes, motivations, reactions, and other interior experiences of the participants in the passage. The participants? **J.O.Y.: Jesus, Others, and Yourself.**



I arise, Christ in the heart of everyone who thinks of me, Christ in every eye that sees me, Christ in the ear that hears me. Salvation is of the Lord. Salvation is of the Christ. May Your salvation, O Lord, be ever with us.

### PRAYER FOR THE NEEDY

Grant, Lord, that I may gladly share what I have with the needy, humbly ask for what I need from him who has, sincerely admit the evil I have done, calmly bear the evil I suffer, not envy my neighbor for his blessings, and thank You unceasingly whenever You hear my prayer. Amen. (St. Thomas Aquinas)

### PRAYER FOR PEACE

Mary, Queen of Peace, save us all, who have so much trust in you, from wars, hatred, and oppression. Make us all learn to live in peace, and educate ourselves for peace, do what is demanded by justice and respect the rights of every person, so that peace may be firmly established. Amen. (St. John Paul II)

### PRAYER FOR A HAPPY DEATH

Lord Jesus Christ, You want everyone's salvation and no one ever appeals to You in vain, for with Your own lips You promised: "Whatever you ask the Father in

My Name, I will do." In Your Name—Jesus, Savior—I ask that in my dying moments You will give me full use of my senses, heartfelt sorrow for my sins, firm faith, hope in good measure and perfect love, that I may be able to say honestly to You: "Into Your hands, O Lord, I commend my spirit. You have redeemed me, Lord God of truth." (St. Vincent Ferrer)

### ST. JOHN HENRY NEWMAN'S "MISSION PRAYER"

God has created me to do some definite service; He has committed some work to me which He has not committed to another. I have my mission—I may never know it in this life, but I shall be told it in the next....I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good, I shall do His work; I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling. Therefore I will trust Him. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

### **PREPARATION FOR MASS**

Almighty, eternal God, behold, I come to the Sacrament of Your Only-Begotten Son, our Lord Jesus Christ, as one sick to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of eternal brightness, as one poor and needy to the Lord of heaven and earth. I ask, therefore, for the abundance of Your immense generosity, that You may graciously cure my sickness, wash away my defilement, give light to my blindness, enrich my poverty, clothe my nakedness, so that I may receive the Bread of Angels, the King of Kings and Lord of Lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention as are conducive to the salvation of my soul. Grant, I pray, that I may receive not only the Sacrament of the Lord's Body and Blood, but also the reality and

power of that Sacrament. O most gentle God, grant that I may so receive the Body of Your Only-Begotten Son our Lord Jesus Christ, which He took from the Virgin Mary, that I may be made worthy to be incorporated into His Mystical Body and to be counted among its members. O most loving Father, grant I that may at last gaze for ever upon the unveiled face of Your Beloved Son, Whom I, a wayfarer, propose to receive now veiled under these species: Who lives and reigns forever and ever. Amen. (St. Thomas Aquinas)

### **THANKSGIVING AFTER MASS**

I give You thanks, Lord, holy Father, almighty and eternal God, Who have been pleased to nourish me, a sinner and Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ: this through no merits of mine, but due solely to the graciousness of Your

mercy. And I pray that this Holy Communion may not be for me an offense to be punished, but a saving plea for forgiveness. May it be for me the armor of faith, and the shield of good will. May it cancel my faults, destroy concupiscence and carnal passion, increase charity and patience, humility and obedience and all the virtues. May it be a firm defense against the snares of all my enemies, both visible and invisible, the complete calming of my impulses, both of flesh and of the spirit, a firm adherence to You, the one true God, and the joyful completion of my life's course. And I beseech You to lead me, a sinner, to that banquet beyond all telling, where with Your Son and the Holy Spirit You are the true light of Your Saints, fullness of satisfied desire, eternal gladness, consummate delight and perfect happiness. Through Christ our Lord. Amen. (St. Thomas Aquinas)

### **Prayers to be offered by the Sick**

#### **For Trust In God**

O God, the source of all health: So fill my heart with faith in Your love, that with calm expectancy I may make room for Your power to possess me: and gratefully accept Your healing; through Jesus Christ our Lord. Amen.

#### **In Pain**

Lord Jesus Christ, by Your patience in suffering you hallowed earthly pain and gave us the example of obedience to Your Father's will: be near me in my time of weakness and pain; sustain me by Your grace, that my strength and courage may not fail; heal me according to Your will; and help me always to believe that what happens to me here is of little account if You hold me in eternal life, my Lord and my God. Amen.

#### **For Sleep**

O heavenly Father, You give Your children sleep for the refreshing of soul and body. Grant me this gift, I pray: keep me in that perfect peace which You have promised to those whose minds are fixed on You; and give me such a sense of Your presence, that in the hours of silence I may enjoy the blessed assurance of Your love: through Jesus Christ our Savior. Amen.

#### **Upon a New Day**

O Lord, I know not what today will bring, but make me ready for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently.

If I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

### **On Knowing and Doing God's Will (Thomas Merton)**

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.



**Friday:** For to this you have been called, because Christ also suffered for you, leaving you an example that you should follow in His footsteps. "He committed no sin, and no deceit was found in His mouth." When He was insulted, He returned no insult; when He suffered, He did not threaten; instead, He handed Himself over to the One Who judges justly. He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By His wounds you have been healed. (1 Pet 2:21-24)

**Saturday:** Praised be God, the Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation. He comforts us in all our afflictions, and thus enables us to comfort those who are in trouble with the same consolation we have received from Him. For just as we have shared much in the sufferings of Christ, so through Christ do we share abundantly in His consolation. (2 Cor 1:3-5)

#### **LITANY OF COMPASSION FOR THE SICK**

We pray with special love and concern for all who are ill or infirm, asking the Lord for His consoling grace to strengthen the sick in times of trial:

**Lord, be close to give me\* comfort.**

*(\*or, if appropriate, "him"/"her"/"them")*

When pain or distress is overwhelming:

**Lord, be close...**

When the healing process goes more slowly than hoped:

When terrified by treatments or by therapy:

When it is hard to let go of long-held plans:

When the feeling of alienation arises:

When worn out and weary:

When troubled by impatience and negativity:

When loneliness adds to anxiety:

When sickness makes it difficult to communicate:

When discouragement or despondency set in:

When fear makes it impossible to face the future:

When the ravages of disease attack self-esteem:

When anger and resentment assail:

When beset by worry or fretfulness:

When it is hard to rely on others for care:

When envy arises towards those who are healthy:

When pessimism or cynicism hold sway:

When anguish is intensified by the need for reconciliation:

When sickness is mistaken for punishment:

When loved ones are far away:

When sickness causes financial hardship that leads to worry or despair:

When afflicted by the feeling that there is nothing to hope for:

When weakness makes it impossible even to think:

When friends draw back, fearful of disease:

When illness provokes moodiness or irritability:

When taunted by regret and the shame of past sins:

When it is difficult to sleep:

When there is loss of appetite:

When there is resistance to necessary change:

When tempted by denial:

When nobody seems to understand:

When bound to home or restricted in movement:

When listlessness and apathy threaten:

When medication only seems to make things worse:

When all that is needed is a caring touch:

When it is impossible to maintain familiar routines:

When it is hard to find the strength to go on:

When it becomes difficult to pray:

When suffering of any sort becomes hard to bear:

When death draws near:

**Lord, be close...**

#### **THE UNIVERSAL PRAYER**

Lord, I believe in You: increase my faith. I trust in You: strengthen my trust. I love You: let me love You more and more.

I am sorry for my sins: deepen my sorrow. I worship You as my first beginning, I long for You as my last end, I praise You as my constant helper, and call on You as my loving protector.

Guide me by Your wisdom, correct me with Your justice, comfort me with Your mercy, protect me with Your power.

I offer You, Lord, my thoughts: to be fixed on You; my words: to have You for their theme; my actions: to reflect my love for You; my sufferings: to be endured for Your greater glory.

I want to do what You ask of me: In the way You ask, for as long as You ask, because You ask it.

Lord, enlighten my understanding, strengthen my will, purify my heart, and make me holy.

Help me to repent of my past sins and to resist temptation in the future. Help me to rise above my human weaknesses and to grow stronger as a Christian.

Let me love You, my Lord and my God, and see myself as I really am:

a pilgrim in this world, a Christian called to respect and love all whose lives I touch, those under my authority, my friends and my enemies.

Help me to conquer anger with gentleness, greed by generosity, apathy by fervor. Help me to forget myself and reach out toward others.

Make me prudent in planning, courageous in taking risks. Make me patient in suffering, unassuming in prosperity.

Keep me, Lord, attentive at prayer, temperate in food and drink, diligent in my work, firm in my good intentions.

Let my conscience be clear, my conduct without fault, my speech blameless, my life well-ordered.

Put me on guard against my human weaknesses. Let me cherish Your love for me, keep Your law, and come at last to Your salvation.

Teach me to realize that this world is passing, that my true future is the happiness of heaven, that life on earth is short, and the life to come eternal.

Help me to prepare for death with a proper fear of judgment, but a greater trust in your goodness. Lead me safely through death to the endless joy of heaven.

Grant this through Christ our Lord. Amen. (attributed to Pope Clement XI)

## TE DEUM LAUDAMUS

You are God: we praise You; You are the Lord: we acclaim You; You are the eternal Father: All creation worships You. To You all angels, all the powers of heaven, Cherubim and Seraphim, sing in endless praise: Holy, holy, holy: Lord, God of power and might, heaven and earth are full of Your glory.

The glorious company of apostles praise You. The noble fellowship of martyrs praise You. The white robed army of prophets praise You. Throughout the world the holy Church acclaim You: Father, of majesty unbounded, Your true and only Son, worthy of all worship, and the Holy Spirit, Advocate and Guide.

You, Christ are the king of glory, the eternal Son of the Father. When You became man to set us free You did not spurn the virgin's womb. You overcame the sting of death, and opened the kingdom of heaven to all believers. You are seated at God's right hand in glory. We believe that You will come, and be our judge.

Come then, Lord, and help Your people, bought with the price of Your own blood, and bring us with Your saints to glory everlasting.

V. Save Your people, Lord, and bless Your inheritance.  
R. Govern and uphold them now and always.  
V. Day by day we bless You.  
R. We praise Your Name for ever.

V. Keep us today, Lord, from all sin.  
R. Have mercy on us, Lord, have mercy.  
V. Lord, show us Your love and mercy;  
R. for we put our trust in You.  
V. In You, Lord, is our hope:  
R. and we shall never hope in vain.

## THE STATIONS OF THE CROSS

1. Jesus is condemned to death
2. Jesus accepts His Cross
3. Jesus falls the first time
4. Jesus meets His afflicted mother
5. Simon helps carry Jesus' Cross
6. Veronica wipes Jesus' Face
7. Jesus falls a second time
8. Jesus meets the women of Jerusalem

9. Jesus falls a third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the Cross
12. Jesus dies on the Cross
13. Jesus is taken down from the Cross
14. Jesus is buried in the tomb

## ON GOD'S PROVIDENCE

Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in His love enable you to profit by them. He has guided you thus far in life. Only hold fast to His dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in His arms.

Do not look forward to what may happen tomorrow. The same Eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either He will shield you from suffering or He will give you unflinching strength to bear it. Be at peace then and put aside all useless thoughts, all vain dreads, and all anxious imaginations. (St. Francis de Sales)

## PRAYER FOR PATIENTS

"Patient" comes from the Latin verb *pati* (to suffer, to wait, to put up with). The verb carries the sense of longing ("passion")—longing for fulfillment, completion.

We draw only so many breaths in this life, and perhaps we pay little attention to the balance until more breaths are behind us than ahead. Meanwhile we have no guarantees of the full use of our physical or mental faculties. We try, then, to savor each breath as we draw it, each feeling as we feel it, each option as we ponder it, and each decision as we make it.

Whatever our current condition, we can decide to **suffer well**, that is, to recognize Jesus as the Son and Savior of Man, who alone accomplishes "*universal and definitive redemption from sins*" (CCC 432). He does this by taking on our human nature, entering completely into the joys and sorrows of human experience.

By virtue of the Incarnation, Jesus accepted not just every single sin, but also every single human suffering: every pain, disappointment, and inconvenience. Upon the holy and life-giving Cross, Our Lord endured that twinge of diabetic neuropathy, the sting of that insult, that hour-long traffic jam, and that fear of perpetual infertility. From His vantage point—the best seat in the house—it's all under control.

Losing sight of the real-time presence of Christ in our sufferings makes it easy for us to complain, to compare our perception of how our life is going with how we think it should be going, or how someone else's life seems to be going—or how they want us to think it's going. Practically speaking, God becomes less real and relevant in those dreary moments, and our suffering loses its value.

We can regain the value of our suffering by keeping Jesus' Passion foremost in our minds, in weather foul or fair. Practicing in the fair may make it easier in the foul. With the onset of each unwelcome experience, we can pray in groans to this effect: "*I unite myself right now to You, Lord Jesus. As You suffered for me and with me, so I suffer for You and with You. Please accept this offering, Lord, as small it may seem, and please share it throughout the world so that it may benefit whomever You will.*"

## Scripture Readings

**Sunday:** Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light. (Mt 11:28-30)

**Monday:** Three times I begged the Lord about this, that it might leave me, but He said to me, "My grace is sufficient for you, for power is made perfect in weakness." I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong. (2 Cor 12:8-10)

**Tuesday:** I consider that the sufferings of this present time our as nothing compared with the glory to be revealed in us... We know that all creation is groaning in labor pains even until now.... But if we hope for what we do not see, we wait with endurance. (Rom 8:18,22,25)

**Wednesday:** For, indeed, He was crucified out of weakness, but He lives by the power of God. So also we are weak in Him, but toward you we shall live with Him by the power of God. (2 Cor 13:4)

**Thursday:** For through the Law, I died to the Law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God Who has loved me and has given Himself up for me. (Gal 2:19-20)