

Seven Guideposts For Living an Authentic Holy Life

Eucharistic Focus:

Source and Summit of our faith
Strength for the journey
Terror of demons
Become what we celebrate (Fr. Dan Crosby OFM Cap)

Frequent Confession:

Even Venial Sins cause our will to weaken and darken the intellect
Builds the virtue of perseverance
Builds the virtue of humility
Builds the virtue of obedience
Builds the will to live the Gospel proclamation: “Repent and believe in the Gospel.”
(Mk 1:15)
Builds the strength and will for daily conversion

Q. What is the most important thing in this life?
A. To die in a state of grace.

Live a Life Centered on Prayer

Consistent time and place
Begin and end every day
 Examination of conscience
“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.” (Col 3:17)

Deliberate Devotionals:

Make them a habit in the family – builds spiritual muscle
Most pleasing when you don’t feel like it – demonstrates faithfulness
Scripture – LOH – Rosary – Divine Mercy – Intercession – CCC – Spiritual Reading
Guardian Angels
Remember St. Therese – You do not have to do multitudes, find what speaks to you.

Sacrifice / Redemptive Suffering:

Journey to Laverna, conformed to the Crucified Christ.
“Now I rejoice in my sufferings” (Col 1:24)
“For I bear the marks of Jesus on my body.” (Gal 6:17)
 The little way of St. Therese

Humility:

Accept whatever may come as God’s will
“If you love me, keep my commands.” (Jn 14:15)
Satan cannot defeat humility, he is the father of pride

Put on the Armor of Christ: (Eph 6:10-19)

Our struggle is with principalities and powers.

Devotion to Guardian Angel

“Resist the devil and he will flee from you.” (James 4:7)

Be Fervent:

“Because you are lukewarm, neither hot nor cold, I will vomit you out of my mouth.”

(Rev 3:16)

“Whenever you begin any good work you should first of all make a most pressing appeal to Christ our Lord to bring it to perfection... Just as there exists an evil fervor, a bitter spirit, which divides us from God and leads us to hell, so there is a good fervor which sets us apart from evil inclinations and leads us toward God and eternal life.”

(St. Benedict, Office of Readings, July 11)

“I have come to see the earth on fire, and how I wish it were already blazing!” (Lk 1:49)

Recommended reading:

“Francis and Clare, the Complete Works” - Classics of Western Spirituality

“The Story of a Soul, the Autobiography of Therese of Lisieux”

“Becoming an Ordinary Mystic” - Albert Haase, OFM

“The Imitation of Christ” - Thomas A Kempis

“The Fulfillment of All Desire” - Ralph Martin

Called to be Holy

Be Holy because I Am Holy.

Lev 11:44-45

1 Ptr 1:16

HOLY: God's main attribute. His otherness. Wholly distinct from creatures. Separated from the secular or profane. Dedicated to God. Consecrated to God, blessed by God, i.e., sacramental, religious profession, ordinations, Baptized, confirmed.

How do we become holy?

Mat 5:3-12 Beatitudes

"Blessed are the poor in spirit, ² for theirs is the kingdom of heaven.

⁴ ¹ Blessed are they who mourn, for they will be comforted.

⁵ ¹ Blessed are the meek, for they will inherit the land.

⁶ Blessed are they who hunger and thirst for righteousness, ¹ for they will be satisfied.

⁷ Blessed are the merciful, for they will be shown mercy.

⁸ ¹ Blessed are the clean of heart, for they will see God.

⁹ Blessed are the peacemakers, for they will be called children of God.

¹⁰ Blessed are they who are persecuted for the sake of righteousness, ¹ for theirs is the kingdom of heaven.

¹¹ Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.

¹² ¹ Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you. (Mat 5:3-12 NAB)

Mat 5:43 Love of Enemies

⁴³ ¹ "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

⁴⁴ But I say to you, love your enemies, and pray for those who persecute you, (Mat 5:43-44 NAB)

Mat 6:1 Almsgiving

¹ "(But) take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

² When you give alms, do not blow a trumpet before you, as the hypocrites ¹ do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward.

³ But when you give alms, do not let your left hand know what your right is doing,

⁴ so that your almsgiving may be secret. And your Father who sees in secret will repay you.

(Mat 6:1-4)

Mat 6:5 Prayer

“When I pray, when I breathe with God, I become part of the intimacy of God’s life. The Spirit of God who breathes within me draws me into the circle of love between the Father and Son. Through prayer I am drawn into the dance of the Trinity.”

Ilia Delio, OSF: Franciscan Prayer

Mat 6:16 Fasting

⁶ "When you fast, ¹ do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward.

¹⁷ But when you fast, anoint your head and wash your face,

¹⁸ so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you. (Mat 6:16-18 NAB)

Mat 6:25 Dependence on God

"Therefore I tell you, do not worry about your life, what you will eat (or drink), or about your body, what you will wear. Is not life more than food and the body more than clothing?"

²⁶ Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?

²⁷ Can any of you by worrying add a single moment to your life-span? ¹
(Mat 6:25-27 NAB)

“Put aside worry and anxiety and trust in the merciful providence of God” (Bl. Solanus Casey)

Mat 7:21 Do the Will of the Father

²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, ¹ but only the one who does the will of my Father in heaven. (Mat 7:21 NAB)

“If you love me, keep my commandments.” (Jn 14:15)

Mat 10:37 Conditions of Discipleship

⁷ "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me;

³⁸ and whoever does not take up his cross ¹ and follow after me is not worthy of me.
(Mat 10:37-38 NAB)

Mat 16:24 Take up your cross

Mat 25 Service

St. Theresa of Avila:

“Christ has no body now on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which must look out Christ’s compassion on the world. Yours are the feet with which he is to go about doing good. Yours are the hands with which he is to bless people now.”

Mat 28:18 The Great Commission