

MAY JESUS CHRIST BE PRAISED

February 18, 2018 – First Sunday of Lent

Spirituality Ponderings Pornography Part III

Fighting the Sin of Pornography

When a person has a reoccurring sin like pornography, he or she must be willing to address it head on. It is not something we should take lightly. A website that I have found filled with helpful tips in this area is Integrity Restored. Last week we looked at items 1-4 and now we will look at items 5-7. Quotes from their website will be in bold and my commentary will be in normal font.

5. Spiritual Plan

Anyone who has been successful in recovery will also tell you he couldn't have done it without God's help. It's a known fact that faith-based recovery programs are far more effective than secular programs. With the Integrity Restored Program, we incorporate Catholic spirituality into the process. This includes daily prayer, sacraments, spiritual direction, scripture and spiritual reading, retreats, etc. Fact is that you need God's help! You need his love, strength and healing. It's important to know that you are loved by God unconditionally. There is nothing you could do that could ever take away his love. He still wants you recover and will be there to help you.

The reason why I do bad things is because ultimately I do not trust in God. Taking time to read

the Sacred Scriptures and the lives of the saints helps me to grow in trust of God. I have also found having frank conversations with God about things especially things I do not understand like the death of a love one can help me grow in trust of God and allow me to avoid sin better.

6. Education

To recover from pornography addiction, you need to fill your heart and mind with the truth about pornography, addiction and recovery. The more you fill your heart and mind with the truth, the harder it will be to fall. Most of the people I've worked with have no idea what healthy sexuality and intimacy is about. Part of their education includes learning about these. It's just as important to share the truth as it is to learn it. Thus, many men go on to teach others about the dangers of pornography. This reinforces their recovery.

When I think about how dangerous pornography is and the evil it can cause in the world, my mind turns to the story of Elizabeth Smart who was the young girl who was kidnapped and held hostage for nine months by a mad man. In an interview with NBC news she had this to say:

"Looking at pornography wasn't enough for him. Having sex with his wife after looking at pornography wasn't enough for him," she

said, simply referring to Mitchell as her "captor" during the 5-minute, 15-second video, and never mentioning him by name. "He just always wanted more."

Elizabeth is also a supporter and advocate of an anti-pornography website titled Fight The New Drug

7. Virtue

If you want to fight a vice, you do it with virtue. Initially recovery is about getting away from something – the drug. Eventually recovery becomes about what you are moving toward – a new and healthy life. It's easier to get to this point when someone works on growing in virtue daily. This will help him to become the man God created him to be – a strong leader, provider and protector! This becomes his mission and he becomes excited about recovery and live.

Part of being a Christian is also about being the best version of myself that I can be. As an athlete must give up certain things in order to be in the best physical shape of his or her life in order to win, I need to give up sinful habits in order to be in the best spiritual shape.



Breaking Open the Word

February 18, 2018 First Sunday of Lent Lectionary: 23 Gospel MK 1:12-15

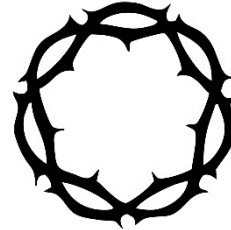
The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

Spiritual Reflection:

If you simply "keep the faith" you have not practiced renewal. While the devil desires to drive God out of the world and to drag it away from God, you must bring God to the world and lead it back to God.

Spiritual Questions:

1. What was your greatest temptation this week?
2. How has God sustained your faith this week?
3. What do you proclaim with your life?
4. Why did God allow Jesus to be tempted?
5. Why does God allow you to be tempted?



Prayers for the Week

THE LITANY OF RESIGNATION TO THE WILL OF GOD.

L: Lord, have mercy on us, **A:** Lord, have mercy on us,

L: Christ, have mercy on us. **A:** Christ, have mercy on us.

L: Lord, have mercy on us. **A:** Lord, have mercy on us,

L: Jesus, hear us. **A:** Jesus, graciously hear us.

L: God the Father, Who hath created me, **A:** Hallowed be Thy will.

L: God the Son, Who hath redeemed me, **A:** Not my will but Thine be done.

L: God the Holy Ghost, Who hath offered sanctification, **A:** Blessed be the Most Sweet Will of God.

L: Thou Who dost know and foresee all things, **A:** Have mercy on us.

L: Thou Who dost govern and rule all things, **A:** Have mercy on us.

L: Thou Who, according to Thy inscrutable designs, dost effect all things in a wonderful manner, **A:** Have mercy on us.

L: Thou Who dost permit evil in order thence to derive good for the salvation of the elect, **A:** Have mercy on us.

L: In all things and in all possible events, **A:** Thy Holy Will be done, O my God.

L: In all circumstances and disgraces, **A:** Thy Holy Will be done, O my God.

L: In my state and employment, **A:** Thy Holy Will be done, O my God.

L: In my affairs and occupations, **A:** Thy Holy Will be done, O my God.

L: In all my actions, **A:** Thy Holy Will be done, O my God.

L: In my health and strength, **A:** Thy Holy Will be done, O

my God.

L: In my body and soul, **A:** Thy Holy Will be done, O my God.

L: In my life and death, **A:** Thy Holy Will be done, O my God.

L: In myself and in those who belong to me, **A:** Thy Holy Will be done, O my God.

L: In all men and angels, **A:** Thy Holy Will be done, O my God.

L: In all creatures, **A:** Thy Holy Will be done, O my God.

L: In all parts of the earth, **A:** Thy Holy Will be done, O my God.

L: At all times, **A:** Thy Holy Will be done, O my God.

L: For all eternity, **A:** Thy Holy Will be done, O my God.

L: Although weak nature complains, **A:** Thy Holy Will be done, O my God.

L: Although it costs much to self-love and sensuality, **A:** Thy Holy Will be done, O my God.

L: Solely and only through love for Thee and Thy good pleasure, **A:** Thy Holy Will be done, O my God.

L: Because Thou art my Creator, **A:** Thy Holy Will be done, O my God.

L: Because Thou art the Supreme Lord of all things, **A:** Thy Holy Will be done, O my God.

L: Because Thou art infinite perfection, therefore do I say, with all the saints in Heaven, **A:** Thy Holy Will be done, O my God.

L: 4 With the Blessed Virgin Mary, **A:** Thy Holy Will be done, O my God.

L: With Jesus in the Garden of Olives, **A:** Thy Holy Will be done, O my God.

Our Father...

L: May the just, most amiable will of God be done in all things.

R: May it be praised and magnified forever! Amen.

L: Let Us Pray. Grant me Thy grace, O Father that perfect

resignation to Thy Holy Will may be with me, and labor with me, and continue with me to the end. Grant me always to desire and will that which is most acceptable to Thee and which please Thee best. Let Thy will be mine, and let my will always follow Thine and agree perfectly with it. Let me always will and not will the same with Thee; let me not be able to will or not will anything except what Thou wilt or wilt not. **A.** Amen.

Catholic Trivia



Last Week's Answers

1. All the following are sacraments of initiation except:
a. Baptism **b. Confession**
c. Eucharist d. Confirmation
2. Which pope issued *Humanae Vitae*:
a. JP II b. Pope St. Pius X
c. Paul VI d. John XXIII
3. The first five books of the bible are called the:
a. Pentecost b. Pentathlon
c. Pentateuch d. Pentagon
4. The book of prayers used at mass is called:
a. Missal b. Missalette
c. Lectionary d. Sacramentary



This Week's Questions

1. ____ "Renounce yourself in order to follow Christ; discipline your body; do not pamper yourself, but love fasting."
2. ____ "I distrust a charity that costs nothing and does not hurt."
3. ____ "The world offers you comfort, but you were not made for comfort. You were made for greatness."
4. ____ "The saints did not all begin well, but they ended well."
A. St. John Vianney B. Pope Francis
C. Saint Benedict D. Pope Benedict XVI

Quotes of the Week

"The devil fears hearts on fire with love of God." *St. Catherine of Siena*

"To be tempted is a sign that the soul is very pleasing to the Lord." *St. Padre Pio*

"It isn't good to let our thoughts disturb us or worry us at all." *St. Teresa of Avila*

"Never be afraid of loving the Blessed Virgin too much. You can never love her more than Jesus did." *St. Maximilian Kolbe*

"Each generation is converted by the saint who contradicts it most." *G.K. Chesterton*

"If God sends you many sufferings it is a sign that He has great plans for you, and certainly wants to make you a saint." *St. Ignatius of Loyola*

"Our hearts were made for You, O Lord, and they are restless until they rest in You." *St. Augustine of Hippo*

“Jesus, help me to simplify my life by learning what you want me to be – and becoming that person.” *St. Thérèse of Lisieux*

Sign that we are conscious of our sins, of the evil we have done, of our wretchedness, and of our need for forgiveness and mercy.” – Pope Francis,

Pro-Life Corner

Pro-Life Quote: “The hairsplitting difference between formed and unformed makes no difference to us. Whoever deliberately commits abortion is subject to the penalty for homicide.” –Saint Basil

Pro-Life Prayer for February: Prayer for the Unborn

Jesus, Impeccable Judge of human kind, Generous Allocator of all blessings, Thank you for the gift of life and the virtue of charity. Grant me the strength to model my life after You, Help me to refrain from any acts of judging others. Assist me so that I too may generously share with those in need. Erase from me any weaknesses of my human nature that prevent me from respecting human life in all its stages.

Allowing my soul to shine as the morning sun and be a beacon of your divine presence By Your grace may my charity towards others demonstrate a true respect for dignity of each human person. May Your name be forever praised. – Amen.



Saint Monica Society Prayer For February

Prayer for Fallen Away Catholics

Teach me, my Lord, to be sweet and gentle in all the events of life, in disappointments, in the thoughtlessness of those I trusted, in the unfaithfulness of those on whom I relied. May my example lead fallen away Catholics back to you.

Let me put myself aside, to think of the happiness of others, to hide my little pains and heartaches, so that I may be the only one to suffer from them. Teach me to profit by the suffering that comes across my path. May by example lead fallen away Catholics back to you.

Let me so use it that it may make me patient, not irritable. That it may make me broad in my forgiveness, not narrow, haughty and overbearing. May my example lead fallen away Catholics back to you.

May no one be less good for having come within my influence. No one less pure, less true, less kind, less noble for having been a fellow traveler in our journey toward Eternal Life. As I go my rounds from one distraction to another, let me whisper from time to time, a word of love to Thee. May my example lead fallen away Catholics back to you.

May my life be lived in the supernatural, full of power for good, and strong in its purpose of sanctity. May my example lead fallen away Catholics back to you. - Amen.

St. Monica Society

Please join us in praying a special prayer each month for Catholics who have fallen away from their faith.

Catholic Humor

