

## GOD'S CALL AND OUT RESPONSE

Weekly Notes- 10/17/15

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### **PRAXIS: DEVELOPING A SPIRITUAL PLAN OF LIFE**

#### **I. OPENING PRAYER:**

Prayer for the Gift of the Holy Spirit

*Holy Spirit, I ask You For the gift of WISDOM—  
to better know You and Your divine perfections,  
For the gift of UNDERSTANDING—  
to clearly discern the Spirit of the mysteries of the holy faith  
For the gift of COUNSEL—  
that I may live according to the principles of this faith,  
For the gift of KNOWLEDGE—  
that I may look for counsel in You and that I may always  
find it in You,  
For the gift of FORTITUDE—  
that no fear or earthly preoccupation would ever separate me from You,  
For the gift of PIETY—  
that I may always serve Your Majesty with filial love,  
For the gift of FEAR OF THE LORD—  
that I may dread sin, which offends You, O my God.*

(Pope Saint John Paul II was taught this prayer by his father, kept it on a handwritten note, and prayed it every day.)

#### **II. BEGINNING TO FRAME A SPIRITUAL PLAN AS A RESPONSE TO GOD'S CALL FOR ME TO LIVE IN HOLINESS, TRUTH, AND LOVE:**

A. Purgation (Holiness: Life of Sanctifying Grace)—weeding out sin, pruning away vice, nurturing and cultivating God's sown seed through sanctification:

1. Fasting/Abstinence (at least on Friday)
2. Remaining in the State of Grace granted at Baptism:
  - a. Renewal of Baptismal Promises
  - b. Nightly Examination of Conscience/Act of Contrition
  - c. Regular Reception of the Sacrament of Reconciliation
  - d. Reception of the Anointing of the Sick in cases of grave illness
  - e. Acceptance of suffering: mind, heart, emotions, body
  - f. Acceptance of trials

B. Illumination—new vision and virtue, natural and supernatural:

1. The Word:
  - a. Scripture/Doctrine
  - b. Liturgy (Mass/Liturgy of the Hours)
  - c. Example and words of the Saints
  - d. Art and Natural Beauty

2. Prayer:

- a. Vocal/Mental/Contemplative
- b. Morning Offering/At Meals/Nightly Act of Contrition
- c. Devotions and Sacramentals (Rosary, Divine Mercy, Scapular)

C. Union—communion with God the Father through the Sacred Heart and in the Fire of the Holy Spirit:

- 1. Receiving and responding to graces of the Sacraments
- 2. Devotion/Consecration to Mary
- 3. Almsgiving/Works of Mercy (Spiritual/Corporal)
- 4. Supporting the Church (Time/Talent/Treasure)