

PRAXIS BINDER INSERT: PF/8 ABLAZE 1-17/20-16

PRAYER: CANTICLE OF ZECHARIAH (BENEDICTUS)—LUKE 1: 68-79

Blessed be the Lord, the God of Israel;
He has come to His people and set them free.
He has raised up for us a mighty savior,
born of the house of His servant David.
Through His holy prophets He promised of old
that He would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember His holy covenant.
This was the oath He swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship Him without fear,
holy and righteous in His sight
all the days of our life.
You, my child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare His way,
to give His people knowledge of salvation
by the forgiveness of their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.
Glory be . . . Amen.

PRAXIS: CELEBRATION AND WORSHIP IN SPIRIT AND TRUTH: COOPERATING WITH THE SACRAMENTS OF BAPTISM AND RECONCILIATION TO LIVE IN HOLINESS

- I. Purgative Way: The Primary Stage in Spiritual Advancement and Mental Prayer
 - A. Awareness of sins and sorrow for them
 - B. Increasing desire for purification and holiness
 - C. Goal: Consistently living in a state of grace (union with God)
 - D. Battling the Triple Threat (Concupiscence):
 1. Rebellious or Disordered Flesh (Sensuality) by Fasting
 2. Ignorant or Enslaved World (Mammon) by Almsgiving
 3. Devil (Pride) by Prayer
- II. Primary Points of Attack: Weaknesses and Wounds:
 - A. Root Sins:
 1. Sensuality (Healthy Fasting and Thankful Moderation)
 2. Vanity (Almsgiving through Impartial Works of Mercy)
 3. Pride (Humble Prayer that Discerns God's Will and Obeys It)
 - B. Seven Deadly (Capital) Sins/Contrasting Capital Virtues:
 1. Pride (Humility)
 2. Avarice (Generosity)
 3. Lust (Chastity)
 4. Anger (Meekness)

5. Gluttony (Temperance)
 6. Envy (Christian Love)
 7. Sloth (Diligence)
- III. Some Battle Strategies and Weapons to Overcome Unholy Threats:
- A. Sincere Morning Offering
 - B. Particular Examination at Mid-Day:
 1. Focus on root or capital sin and the occasions that might provoke it
 2. Pray a sincere Act of Contrition
 - C. Mental Prayer: Self-understanding and discernment through dialogue
 - D. At Mass:
 1. Sincere self-examination and confession during the Penitential Act
 2. More reverent, vigilant, and intentional reception of Holy Communion
 - E. Sacramental Confession:
 1. As soon as possible after committing a grave or mortal sin
 2. At least once a month
- IV. From Darkness to Light to Glory: Advancing in the Life of Grace
- A. Illuminative Way:
 1. Enlightenment in the mind of the ways of God
 2. Clear understanding of God's will in one's state of life
 - B. Unitive Way:
 1. Constant awareness of God's Presence
 2. Habitual disposition of conformity to the will of God