

Go Deep!

Session 3

“The Narrow Gate”
Deep Conversion, Part Two



Matthew 7: 7 -14

“Ask, and you *shall* receive. Seek, and you *will* find. Knock, and it *will* be opened to you. For the one who asks, *receives*. The one who seeks, *finds*. The one who knocks, *enters*.”

Which one of you would hand his son a stone when he asks for a loaf of bread, or a snake when he asks for a fish? If you then, who are wicked, know how to give good gifts to your children, how much *more* will your heavenly Father give good things to those who ask him.

Do unto others whatever you would have them do to you. *This* is the *law* and the *prophets*.

Enter through the *narrow* gate; for the gate is *wide* and the road *broad* that leads to destruction, and those who enter through it are many.

How *narrow* the gate and *constricted* the road that leads to life. And those who find it are *few*.”



“The Lemon Squeeze”

“How narrow the gate and constricted the road that leads to life. And those who find it are few.”



“The Divine Physician”



We must be
“properly disposed”
to the
“operation of grace”

“Disposition Assessment”



“The entire life of a good Christian is in fact an exercise of *holy desire*.”

St. Augustine

Getting a “Son Tan”



“For us, the beginning of good health is to be purged of our sinful tendencies.”

St. Francis de Sales

The 1st Stage of Deep Conversion



***The Conversion from
“Deep Sin”***

(a/k/a – Mortal Sin)

St. Frances de Sales

“By [committing a mortal] sin you have lost God’s grace, given up your place in paradise, chosen the eternal pains of hell, and rejected God’s eternal love.”

“What is your state of soul with respect to mortal sin? Are you firmly resolved *never* to commit it for *any reason whatever*? Has this resolution continued from the time you first made it? *In this resolution lies the foundation of the spiritual life.*”



The 2nd Stage of Deep Conversion



*The Conversion from
“Shallow Sin”
(a/k/a – Venial Sin)*

“Spiritual Exercises of St. Ignatius”

The General Examen



“Spiritual Exercises of St. Ignatius”

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- Act of Thanksgiving



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- Act of Thanksgiving
- Offering & Prayer for Self-Knowledge



“Spiritual Exercises of St. Ignatius”

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- Act of Thanksgiving
- Offering & Prayer for Self-Knowledge
- Examination of Conscience



“Spiritual Exercises of St. Ignatius”

The General Examen

- Act of Thanksgiving
- Offering & Prayer for Self-Knowledge
- Examination of Conscience
- Ask God’s Pardon



“Spiritual Exercises of St. Ignatius”

The General Examen

- Act of Thanksgiving
- Offering & Prayer for Self-Knowledge
- Examination of Conscience
- Ask God’s Pardon
- Firm Resolution of Amendment & *“Our Father”*



Avoid Scrupulosity!



The Examen's purpose is to help us to:

Grow in humility / self-knowledge in order to better cooperate with God's grace that we may be free from *actual sin*.

“Spiritual Exercises of St. Ignatius”

Particular Examen

Use of the procedures as the *General Examen* to *identify* and *eliminate* a particular fault, shortcoming, weakness or spiritual deficiency.



St. Francis de Sales

“We must *not* be disturbed at our imperfections since for us perfection consists in fighting against them.”



The 3rd Stage of Deep Conversion

***The Conversion from the
“Attachment to Sin”***

and

“Inordinate Non-Sinful Attachments”



Exodus 16:3-5



“Would that we had died at the Lord’s hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!”

The Three Stages in Summary

“God means to fill each of you with what is *good*; so *cast out what is bad!* If he wishes to fill you with honey and you are full of sour wine, where is the honey to go? The vessel must be emptied of its contents and then be cleansed. Yes, *it must be cleansed even if you have to work hard and scour it.* It must be made fit for the new thing, whatever it may be.”

From the Tractates on 1 John by St. Augustine



Why Overcoming Mortal Sin is for Everyone



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1. *Everything* I will say about overcoming *Mortal Sin* also applies to overcoming *Venial Sin*.



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2. *You* may not be grappling with Mortal Sin, but someone *you know* or *love* may need your help.



Why the Advice on Overcoming Mortal Sin is for Everyone

1. *Everything* I will say about overcoming *Mortal Sin* also applies to overcoming *Venial Sin*.
2. You may not be grappling with Mortal Sin, but someone *you know* or *love* may need your help.
3. *“There but for the grace of God go I.”*



See you in two weeks!

Our next session is *June 10*

I hope to see you then!

