

Go Deep!

Session 5

“Not my will, but yours be done”



Matthew 26: 36 - 41

“Then Jesus came with them to a place called Gethsemane, and He said to His disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress.

Then He said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will."

When He returned to His disciples He found them asleep. He said to Peter, "So you could not keep watch with me for one hour? *Watch and pray* that you may not undergo the test. The spirit is willing, but the flesh is weak."



A Quick Recap

“Seven Steps to Breaking the Chains of Sin”

1. Be *determined* not to give in to temptation

Jesus Temptation in the Desert

Why does God permit Temptation?

How does Temptation Work?



How can we be
victorious over temptation?



How can we be victorious over temptation?

“This violence is not directed against others. It is a violence used to fight your *own weaknesses* and *miseries*, a fortitude which prevents you from camouflaging your own infidelities, a boldness to own up to the faith even when the environment is hostile.”

St. Josemaria Escriva



St. Josemaria Escriva

“We have to fill ourselves with courage, for the grace of God *will not fail us*. God will be at our side and will send His angels to be our traveling companions, our prudent advisors along the way, our cooperators in all we take on.”



10 Tips to Thwart Temptation: Three Categories

“Preparing Our Defenses”

“Things to Avoid (Four Don’t’s)”

“A Trio of Tactics”



10 Tips to Thwart Temptation: “Preparing Our Defenses”

1. Self – Knowledge:

“Examine from time to time what are the dominant passions of your soul, and having ascertained this, mould your life, so that in thought, word and deed you may as far as possible counteract them.”

St. Francis de Sales



10 Tips to Thwart Temptation: “Preparing Our Defenses”

2. Avoid the Occasions of Sin:

“Without this knowledge and a firm resolve to avoid those things which are occasions of sin for us we will make little progress in the spiritual life.”

Thomas a Kempis, Imitation of Christ



10 Tips to Thwart Temptation: “Preparing Our Defenses”

“The *first* thing we must do to save ourselves is to avoid evil occasions and bad companions. And we must in this matter use *violence* upon ourselves, resolutely overcoming *all* human respect. We must not place confidence in our *own* strength but only in *Divine* help, but God wills that we should *do our part* in using violence with ourselves, when it is necessary to do so in order to gain paradise: ‘the violent bear it away’”
(*Matthew 11:12*).

St. Alphonsus de Liguori



10 Tips to Thwart Temptation: “Preparing Our Defenses”

3. Consistent Confession (& Confessor):

“One great remedy against all manner of temptation, great or small, is to open the heart and lay bare its suggestions, likings, and dislikings, to your director; for, as you may observe, the first condition which the Evil One makes with a soul, when he wants to seduce it, is *silence*.”

St. Francis de Sales



10 Tips to Thwart Temptation: “Four Things To Avoid”

4. Don't Fuss or Panic:

“...the best resistance one can make [to temptation] is not to be fretted by [it]. All these things may worry one, but they cannot really harm us, so long as our wills are firmly resolved to serve God.”

St. Francis de Sales



“Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”
(CCC 2558)



10 Tips to Thwart Temptation: “Four Things To Avoid”

5. Don't Just Fight the “Big One's”:

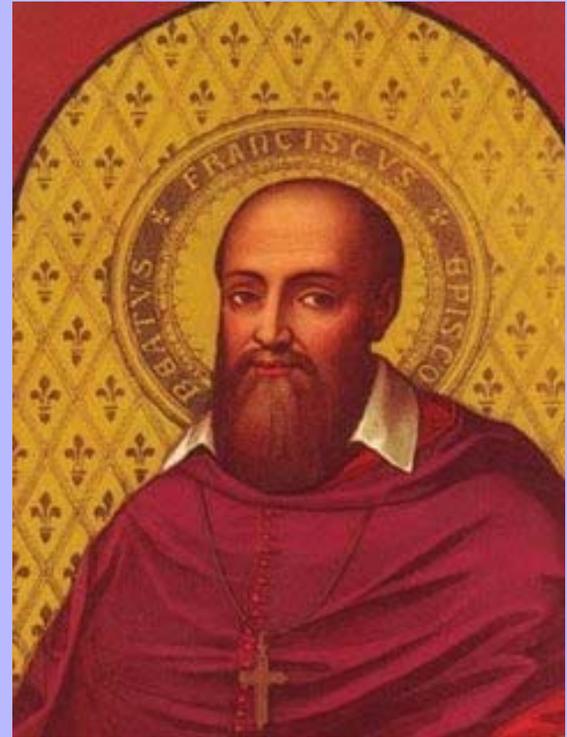
“While it is right to resist great temptations with invincible courage, and all such victories will be most valuable, still there is perhaps more absolute profit to our souls in resisting little ones. For although the greater temptations exceed in power, there are so infinitely more in number of little temptations, that a victory over them is fully as important as over the greater but rarer ones...”



“... No one will question but that wolves and bears are more dangerous than flies, but they do not worry and annoy us, or try our patience as these do.

While is not a hard thing to abstain from murder, but it is very difficult to avoid all passing fits of anger, which assail us at every moment. A man or woman can easily keep from adultery, but it is less easy to abstain from all words and glances which are disloyal.”

St. Francis de Sales



10 Tips to Thwart Temptation: “Four Things To Avoid”

6. Don't Argue with Temptation:

“Do not argue with your Enemy, and give but one answer,—that with which Our Lord confounded him, “Be gone, Satan, for it is written, you shall worship the Lord thy God, and Him alone shall you serve.”

St. Francis de Sales



7. Don't look temptation in the eye



“...not fix your eyes on the temptation,—look solely on Our Lord, for if you dwell on the temptation, especially when it is strong, your courage may be shaken. Divert your mind with any right and healthy occupation, for if that takes possession and fills your thoughts, it will drive away temptation and evil imaginations.”

St. Francis de Sales

10 Tips to Thwart Temptation: “A Trio of Tactics”

8. Prayer & Meditation (on the Cross of Christ):

“The sign of the cross strengthens us in temptations and difficulties.” **CCC 2157**

“The mere recollection of the Passion is a great defense against all the temptations of hell.”
St. Thomas Aquinas



10 Tips to Thwart Temptation: “A Trio of Tactics”

9. Flee Spiritually:

“In the war of the senses, the conquerors are the cowards who fly.” The occasion is like a veil put before our eyes, so that we can see nothing else – neither God, nor hell nor the resolutions we have made.”

St. Philip Neri



“When we are tempted,
we must hasten and
abandon ourselves in
Jesus Christ, who will not
suffer us to fall, but will
embrace and hold us up,
and thus remedy our
weakness.”

St. Augustine



“...If, nevertheless, the temptation persists or increases, hasten in spirit to embrace the holy Cross, as though you beheld Jesus Christ Crucified *actually Present*. Make firm protests against consenting, and ask His Help thereto; and, *so long as the temptation lasts*, do you *persist* in making acts of non-consent...”

St. Francis de Sales



“Do you want to accompany Jesus closely, *very closely...*? Open the Holy Gospel and read the Passion of our Lord. But don't just read it: *live it*. There is a big difference. To *read* is to recall something that happened in the past; to *live* is to find oneself present at an event that is happening here and now, to be someone taking part in those scenes.”

St. Francis de Sales



2 Corinthians 4: 8-11

“We are afflicted in every way possible, but we are not crushed; full of doubts, we never despair. We are persecuted, but never abandoned; we are struck down but never destroyed. Continually we carry about in our bodies the dying of Jesus, so that in our bodies the life of Jesus may also be revealed. While we live we are constantly being delivered to death for Jesus’ sake, so that the life of Jesus may be revealed in our mortal flesh.”



10 Tips to Thwart Temptation: “A Trio of Tactics”

10. Flee Physically:

“My last means of not being defeated in combats is desertion.”

St. Therese of Lisieux
(From Story of A Soul)



Next Session in Two Weeks!

See you on July 8th!

Have a safe & Blessed
Independence Day!

