

Go Deep!

Session 7

“The Time of Your Visitation...”



Matthew 5: 38-48

“You have heard that it was said, 'An eye for an eye and a tooth for a tooth.'

But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one to him as well. If anyone wants to go to law with you over your tunic, hand him your cloak as well. Should anyone press you into service for one mile, go with him for two miles. Give to the one who asks of you, and do not turn your back on one who wants to borrow.

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.'



Matthew 5: 38-48

But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. For if you love those who love you, what recompense will you have? Do not the tax collectors do the same? And if you greet your brothers only, what is unusual about that? Do not the pagans do the same?

So be perfect, just as your heavenly Father is perfect.”



#4. Practice the Opposite Virtue

“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... Indeed, by steady opposition to anything, we teach ourselves to hate even that which we began by liking.” ***St. Francis de Sales***



Practicing the Virtue of Love

“To reform ourselves in our whole life, we must give all our study to the exercise of the divine love; the love of God alone, when it enters a heart and obtains possession of it, purifies it from all inordinate love, and makes it at once obedient and pure.” ***Vb. Vincent Carafa***

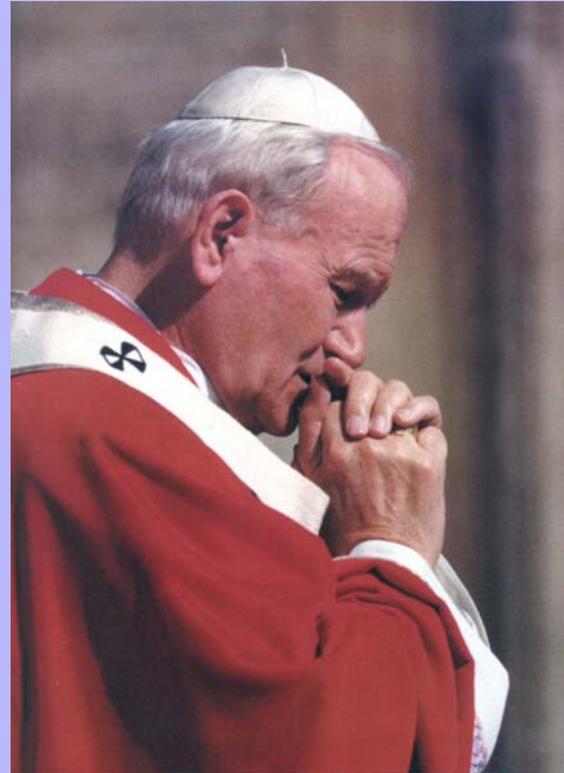
Love is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God (CCC 1822).

See also ***John 15: 12-13***; and JPII’s encyclical, “The Rosary of the Virgin Mary,” 22



The Splendor of Truth (14)

“Both the Old and the New Testaments *explicitly* affirm that *without love of neighbor*, made concrete in keeping the commandments, *genuine love for God is not possible.*”



CCC 1823

“Jesus makes charity the new commandment. By loving his own "to the end," He *makes manifest* the Father's love which he receives. By loving *one another*, the disciples *imitate the love of Jesus* which they themselves receive.”



“This is why I have put you among your neighbors: so that you can do for them what you *cannot* do for me – that is, love them without any concern for thanks and without looking for any profit for yourself. And whatever you do for them I will consider done for me.”

***Divine Message to
St. Catherine of Siena***





“The way we can be *sure* we are in union with Him is for the man who claims to abide in Him to conduct himself just as *He* did... The man who claims to be in light, hating his brother all the while, is in darkness even now. The man who continues in the light is the one who loves his brother; there is nothing in him to cause a fall.”

1 John 2: 5-6 & 9-10

“Yes, my Beloved, this is how my life will be consumed. I have no other means of proving my love for you other than that of strewing flowers, that is, not allowing one little sacrifice to escape, not one look, one word, profiting by all the smallest things and doing them through love.”

St. Therese of Lisieux



“Recognize the time of your visitation” ***Luke 19:44***

“I understood how imperfect was my love for my Sisters. I saw I didn’t love them as God loves them. Ah! I understand now that charity consists in bearing with the faults of others, in not being surprised at their weakness, but in being edified by the smallest acts of virtue we see them practice...It is no longer a question of loving one’s *neighbor* as oneself but of loving him as *He, Jesus*, has loved him, and will love him to the consummation of the ages.” ***St. Therese of Lisieux***



“Recognize the time of your visitation” ***Luke 19:44***

“Ah! Lord, I know you don’t command the impossible. You know better than I do my weakness and imperfection; You know very well that never would I be able to love my Sisters as you love them, unless You, O my Jesus, loved them in me...Yes, I feel it, when I am charitable, it is *Jesus alone* who is acting in me, and the more united I am to Him, the more also do I love my Sisters.” ***St. Therese of Lisieux***



The Splendor of Truth (23)



“Love and life according to the Gospel cannot be thought of first and foremost as a kind of precept, because what they demand is *beyond man's abilities*. They are possible *only* as the result of a *gift of God* who heals, restores and transforms the human heart by his grace.”

“Recognize the time of your visitation” ***Luke 19:44***

“Behave kindly to all, to superiors and inferiors, to the highborn and peasant, to relations and strangers; but more especially to the poor and infirm, and above all to those who regard us with an evil eye.” ***St. Alphonsus de Liguori***

“My brothers, count it pure joy when you are involved in every sort of trial. Realize that when your faith is tested this makes for endurance. Let endurance come to its perfection so that you may be fully mature and lacking in nothing.” ***(James 1:1-4)***



“Recognize the time of your visitation” ***Luke 19:44***

“We even *boast* of our afflictions! We know that affliction makes for endurance and endurance for tested virtue and tested virtue for hope. And this hope will not leave us disappointed, because the love of God has been poured into our hearts through the Holy Spirit who has been given to us.”
Romans 5:3-5

“There is cause for rejoicing here. You may for a time have to suffer the distress of many trials; but this is so that your faith, which is more precious than the passing splendor of fire-tried gold, may by its genuineness lead to praise, glory and honor when Jesus Christ appears.” ***1 Peter 1:6-7***



“Let us, then, give ourselves,
O souls that love the
Crucified, for the life that
remains to us, to love this
loving Redeemer, so worthy
of love, to our utmost power;
and also to suffer for him,
because he has been willing
to suffer for love of us; and
let us not cease to ask him
continually to grant us the
gift of his holy love. Happy
are we if we attain to a great
love for Jesus Christ!”

St. John Chrysostom



Prayer of St. Francis at San Damiano



“Most high, glorious God,
bring light into the
darkness of my heart.
Give me right faith,
certain hope, perfect
charity, insight and
wisdom so that I can
always observe your holy
and true command.”

Practicing the Virtue of Humility

Humility is the virtue by which we acknowledge that God is the author of all good. Humility avoids inordinate ambition or pride, and provides the foundation for turning to God in prayer (CCC 2559)

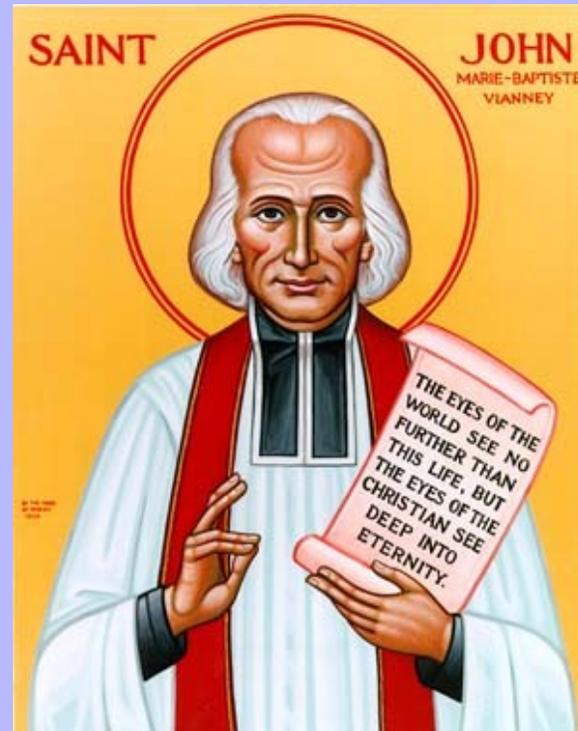
“the greatest among you will be the one who serves the rest. Whoever exalts himself shall be humbled, but whoever humbles himself shall be exalted.” **Matthew 23:11-12**

See also ***Philippians 2: 6 – 11 & John 3:30***

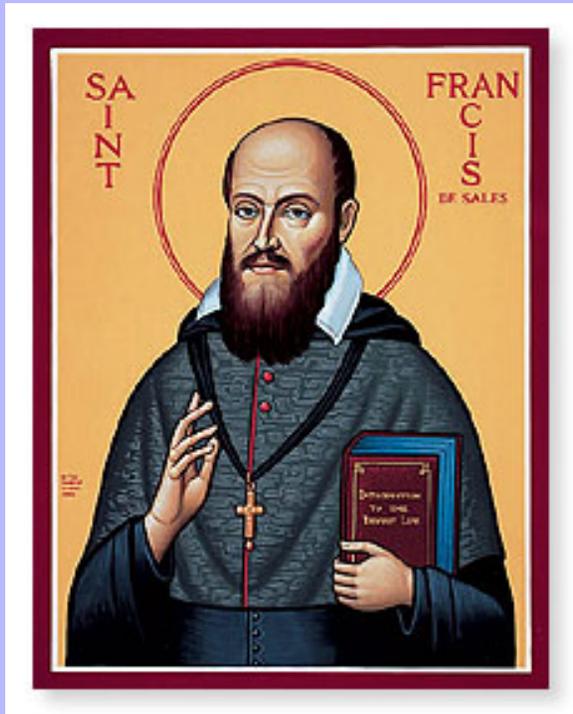
The Saints on Humility

“Humility is to the various virtues what the chain is in a Rosary: take away the chain and the beads are scattered; remove humility and all the virtues vanish.”

St. John Vianney



The Saints on Humility



“Do as many lowly, humble deeds as lie in your power, even if you perform them unwillingly at first; for by this means you will form a *habit of humility*, and you will weaken your vanity, so that when temptation arises, you will be less predisposed to yield, and stronger to resist.” ***St. Francis de Sales***

The Saints on Humility



“While we are on this earth, *nothing is more important to us than humility...* In my opinion we shall never completely know ourselves if we don’t strive to know God. By gazing at His grandeur, we get in touch with our own lowliness; by looking at His purity, we shall see our own filth; by pondering His humility, we shall see how far we are from being humble.”

St. John of the Cross

The Saints on Humility

“...this edifice is built *entirely on humility*, the closer one comes to God the more progress there must be in this virtue; and if there is *no progress in humility, everything is going to be ruined.*”

“Have great confidence, for it is necessary not to hold back one’s desires, but to believe in God that if we try we shall, little by little, even though it may not be soon, reach the state the saints did with His help. For if they had never determined to desire and seek this state little by little in practice, they would never have mounted so high. His Majesty wants this determination, and He is a friend of courageous souls if they walk in humility and without trusting in self... Let humility always go first so as to understand that this strength does not come from ourselves.” ***St. Teresa of Avila***



“God’s Gym”

We must work our *“spiritual muscles”* as often as the opportunity arises, each and every day.

See you at our next session – ***August 5th***

