

# “Called to Holiness”

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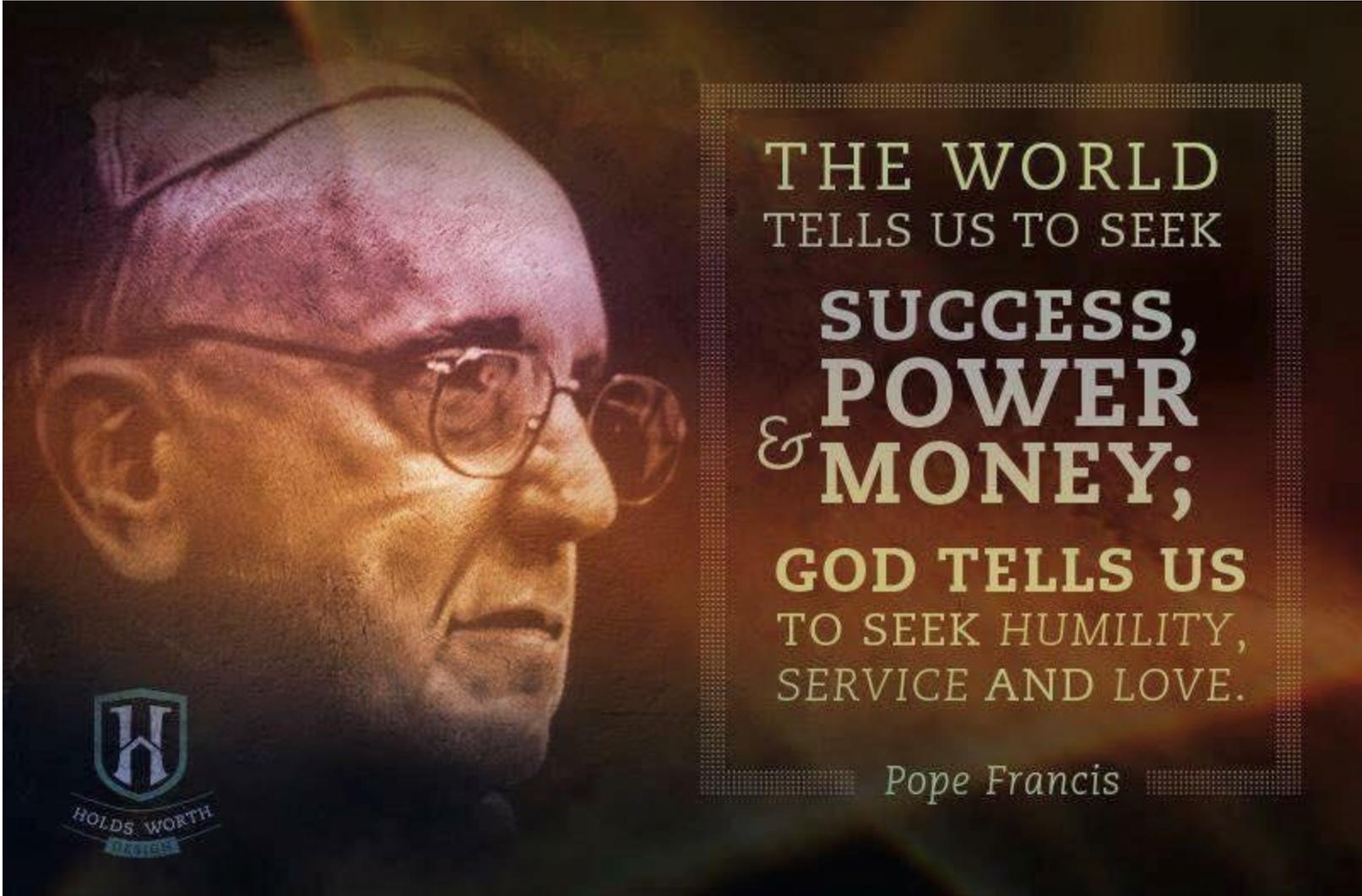
# Introduction

- **The timely “Convergence of Three”**
  - Easter season
  - Sacramental celebrations
  - Preparing for Pentecost
- **Why are you here tonight? What do you want from God?**
- **Holy Spirit’s Role and Your Role**
  - He desires to draw you close to Himself
  - Need to have proper disposition and LISTEN

# Discipleship

The Catechism states that disciples...

- Pray (§2601, 2612)
- Abide in the Word (§2466)
- Witness to Christ and work using the gifts received from God, in ecclesial and temporal affairs (§1319, 2427)
- Imitate Jesus (§2347, §2470)
- Profess, spread, and live the faith of the Church (§1816)
- Establish habits befitting a disciple of Christ (§1494)
- Are initiated and nourished by the Eucharist (§1275)
- Respond to Jesus' invitation to enter His kingdom (§546)



THE WORLD  
TELLS US TO SEEK

**SUCCESS,  
POWER  
& MONEY;**

**GOD TELLS US  
TO SEEK HUMILITY,  
SERVICE AND LOVE.**

*Pope Francis*



# Challenge of Womanhood Today

- Stressed , distracted and hard to find time for ourselves
- Overscheduled , overworked and unable to unplug
- Numerous and unrelenting demands with no end in sight
- World tells us that we should have it all, and if not, why not?

So how do we care for all aspects of our lives?

- Personal (physical, intellectual, emotional)
- Work
- Relationships
- Family and Friends
- Spiritual

# The “Feminine Genius”

St John Paul II talks about the “feminine genius”, particularly displayed in the following aspects:

- Strength
- Beauty
- Fidelity
- Self-giving
- Acceptance
- Intuition
- Receptivity
- Empathy

*Women make the world more human.*

The background of the entire image is a close-up photograph of two hands, one from the left and one from the right, reaching towards each other. Their fingers are positioned so that they form a heart shape in the center. The lighting is soft and natural, with a slightly blurred background of green foliage. The text is overlaid on this image in white, with varying font weights and styles.

**ST. ALPHONSA**  
**WHATEVER YOU  
DO, DO IT FOR THE  
LOVE OF JESUS.**

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# Falling in Love with the One who Loves Us

“There is no magic formula for holiness...We shall not be saved by a formula, but by a person.”

---St Pope JPII, *Novo Millennio Ineunte*

“The answer is to fall in love with Jesus Christ. Unless we have a love relationship with the Word of God, the Word cannot speak to us properly. The Word of God is a person. The Word of God is Jesus Christ.” --Fr. Dominic Borg, OCD

# The Strangest Way

Fr Robert Barron points out:

“Christianity is not simply a matter of articulate beliefs and organizational structures, but an entire pattern of life...Jesus wants not simply to communicate teachings and insights; he wants to share his life, his way of being...so the evangelist must learn his way before daring to speak of him.”

*-Bridging the Great Divide, 267*

“The entire purpose of the Christian life is to make us, not simply better people, ethically upright, but to make us divine, to conform us to a participation in the life of the Trinity. **Being holy, burning with the fire of God’s own life, is the point.**”

*---The Strangest Way, 29*

# Getting Our Lives Straight

Thomas Merton once observed,

“Once I knew that the purpose of my life was to become a saint, I realized that Christianity was not primarily a matter of getting my ideas straight, *but rather getting my life straight.*”

IF YOU FIND  
YOURSELF A BIT

IRRITATED OR OVERWHELMED

IT'S A SIGN

THAT YOU'RE SPENDING

LESS TIME WITH

**GOD**

AND MORE TIME

WITH THIS WORLD

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# What exactly is Sainthood?

A saint...

- Looks upon the face of God in Heaven
  - Nothing “unclean” enters the presence of God
  - Therefore, to be with God in heaven means that we are “perfect” —free from sin, “cleansed in the blood of the Lamb”
  - HOLY
- What is holiness?
    - Transforming union with God

Therefore, to become saints, we must become holy.

# Becoming a Saint

## 4 Steps to Holiness

- Daily Meditation and Resolution
- Frequent Reception of the Sacraments
- Root out Sin and live a life of Virtue
- Abandonment to God's Will

# Daily Meditation

- Three types of prayer—vocal, meditation and contemplation
- Immerse yourself in the Word of God, especially the Gospels
- **The Four “R’s”—Read, Reflect, Relate, Resolution (Lectio Divina)**
- Helps us learn obedience, humility and TRUST (faith)

“It is impossible for us to arrive at personal union with God in this life unless we devote sufficient length of time exclusively to this personal dialogue...any apostolate will only be as successful in the measure that we ourselves live that supernatural inner life.”

--Fr Gabriel Mary Magdalene, *Divine Intimacy*

To be friends with God means to  
pray with simplicity, like children  
talking to their parents.

-Pope Francis



# Spiritual Reading

“Reading whose purpose is to assist the believer to better know, love and serve God and thereby become more God-like, which means to be more holy, especially in his prayer and the practice of Christian virtue”

–Fr John Hardon, SJ, *Theology of Prayer*

- Every Catholic should without fail make spiritual reading **daily for ten or fifteen minutes.**
- Read books that appeal to you
- Pray before reading
- Read your book not once, but many times

# Daily Resolution

- To apply the Gospel to our daily lives, we make a practical, specific and concrete daily resolution
- Resolution used throughout the day to remain mindful of our Lord's teachings
- Helps with our Examen at the end of the day to see how well we have lived the Gospel

“Read a little, think a little, pray a little, apply the truths to yourself, and make your resolution.”

**IF YOU DON'T HAVE  
TIME TO PRAY AND  
READ SCRIPTURES,  
YOU ARE BUSIER THAN  
GOD EVER INTENDED  
YOU TO BE.**

**"IF WE ARE TO KNOW THE LORD,  
WE MUST GO TO HIM. LISTEN TO  
HIM IN SILENCE BEFORE  
THE TABERNACLE AND APPROACH  
HIM IN THE SACRAMENTS."**



**~ POPE FRANCIS**