



# Session 3

## “Put out into the Deep”

Christina Semmens  
Thursday Evening

# Why does it matter?

Why does the state of MY faith matter?

Simply, because you can't give what you don't have.

However, also, consider the wisdom of St John of Avila:

“If the simple folk live in a lukewarm state, the situation is regrettable. They hurt themselves, but a remedy is possible. If, however, it is the teachers who are lukewarm, then the Lord's warning needs to be considered: ‘Woe to him by whom they come!’ Great harm can come from their lukewarmness, because it will easily spread to others and dampen their spiritual fervor.”

In addition, St Josemaria Escriva, founder of Opus Dei, writes:

“Let us remember to keep our eyes fixed on the Lord and not become distracted by things of secondary importance...we have to be careful to not fall into carelessness and lukewarmness in our spiritual life.”

# Walking the Walk

- Dr Tim Gray in his talk, “Walking the Walk” uses the analogy of being “covered in the dust of your rabbi.” That we are following SO closely that we end up covered in the dust of the one we follow.
  - Early Christians called themselves “The Way” for a reason!
  - To follow at a distance will eventually lead to a denial
  - Need to follow closely, intimately--despite the danger, the difficulties and numerous challenges

“At every hour of the day we should be striving to be men and women of faith, that is to say, full-time Christians. We cannot confine our relationship with God to those few moments we spend inside a church. We have to live out our friendship with God in the middle of the world, in our workplace, in our recreation, in our social gatherings. We should reflect Christ in everything we do.” —*In Conversation with God*

what is discipleship?

Image: The Saint John's Bible Seeing the Word Blog



disciple.  
(*noun*) learner, student

-*ship*.  
condition of being,  
implying a skill

using the language of the *Catechism of the Catholic Church*, **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 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.”

So how do go about doing that?

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

---St Pope JP II, *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



# Do We Want to be Saints?

Mark Hart in his talk entitled, “Contemporary Sainthood” states:

“We were not created to just be alive, or to live, but to THRIVE...and all of the bad feelings—pain, regret, frustration, despair, anxiety, etc are rooted in our not fulfilling our true purpose in life.”

“For God created you not just to be good, or be better, but to be everything He created you to be—a saint... you have been given the Spirit and power of God for becoming a saint in Baptism...and the strength to do what is necessary in Confirmation. It just relies upon you to unleash that power and strength.”

# What Stops Us?

Peter and Luke 5—”Put out into the deep and let down your nets.”

- Obedient to our Lord
- Afraid of the cost and what he may have to give up

Mark Hart continues:

“We were not made for comfort, we were made for much more; we were made for GREATNESS, so we need to “get comfortable with being uncomfortable.”

# Becoming a Saint

- The “Easy Way to Become a Saint” had 3 aspects:
  - 1) Love God
  - 2) Do Everything for the Love of God
  - 3) Actively practice the Catholic faith
- 4 Steps to Holiness
  - Daily Meditation (#1)
  - Frequent Reception of the Sacraments (#1 and 3)
  - Root out Sin and live a life of Virtue (#1, 2 and 3)
  - Abandonment to God’s Will (#1, 2 and 3)

# Daily Meditation

## How to Love God...

- Three types of prayer—vocal, meditation and contemplation
- Immerse yourself in the Word of God, especially the Gospels
- Four objectives—Adoration, Contrition, Thanksgiving, Supplication (ACTS)
- Helps us learn obedience, humility and TRUST (faith)

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.”

–St Augustine

“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*

# Spiritual Reading and Daily Resolution

To Love God we must Know Him...

## – 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 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, make your resolution.”

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

# Frequent Reception of the Sacraments

Actively practice the Catholic faith...

- Faithfully attend Mass and Holy Days
- Sacraments are encounters with Christ and the opportunity to receive the graces we need for the journey
- Eucharist
  - “Source and Summit” of our faith—“Food for the Journey”
  - Thanksgiving after Communion
  - Adoration
  - Visits to the Blessed Sacrament
- Reconciliation
  - Forgiveness and Healing
  - Daily Examen--to grow in awareness of and identify our sins
  - To receive the graces you need to face and resist the temptation of the very sins you confess!

# Growing Daily in Virtue

## Everything for the Love of God...

- Morning Offering
- Invoke our Guardian Angel
- “Heroic Minute”
- Visits to the Blessed Sacrament
- Attend diligently and faithfully to our Daily Duties—meditation, daily prayers, working, eating, sleeping and *suffering* (sacrifice)
- Growth in Knowledge of oneself (vices, temperaments, virtues)
- Rule of Life

“Before the ideal of apostolic holiness can become a fully lived reality, a long, assiduous work of asceticism, spiritual purification, and interminable toil is required to embed in the concreteness of daily life and of continued apostolic activity that disposition of perfect openness to God and to his will, which is anticipated, desired and sought for in prayer.”

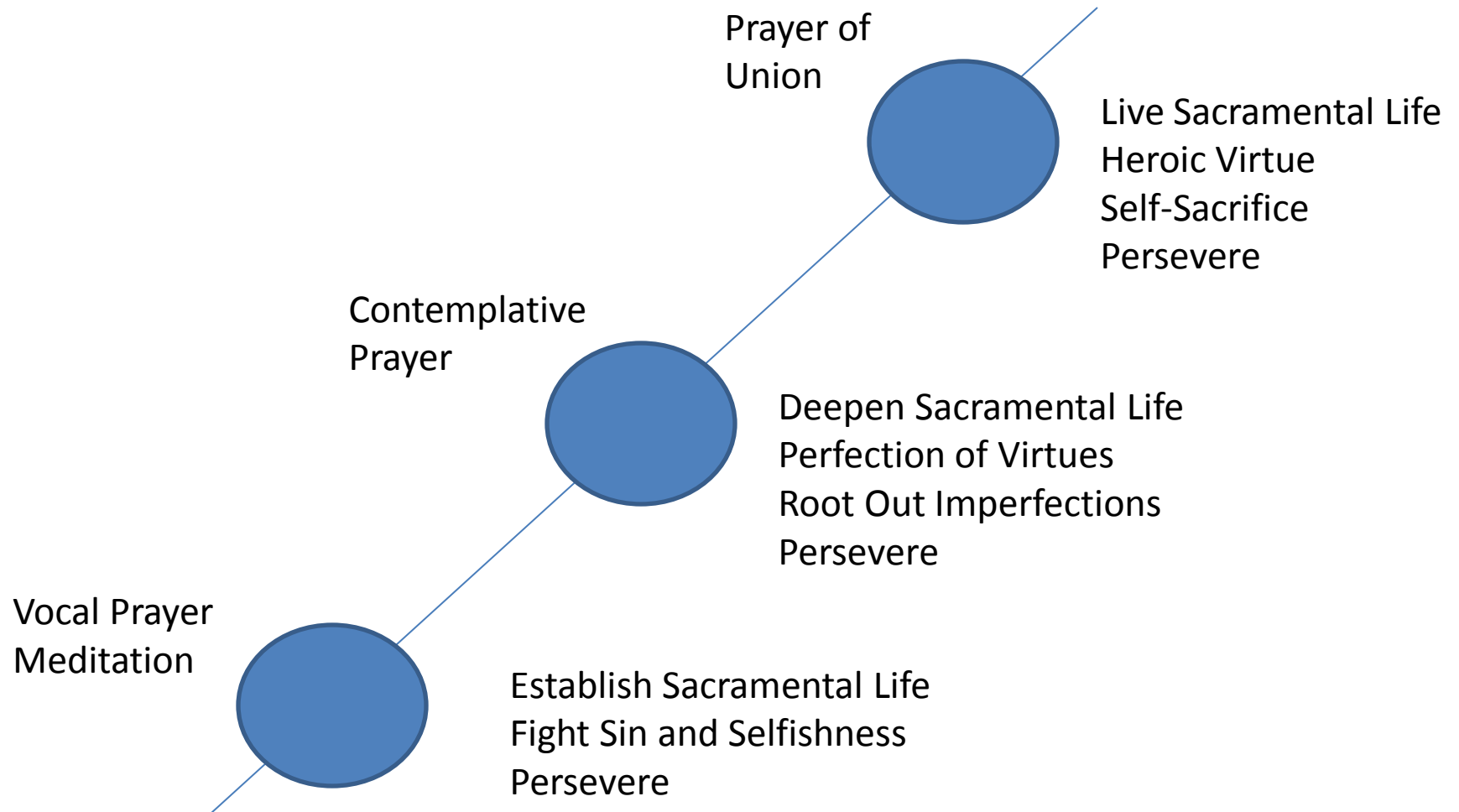
--Fr Gabriel Mary Magdalene, *Divine Intimacy*

“We have to change, through love, the human work of our usual working day into the work of God: something that will last forever.”

--Fr Fernandez, *In Conversation with God*



# RELATIONSHIP BETWEEN DEEPENING PRAYER AND GROWTH IN VIRTUE



# Abandonment to the Will of God

- Growth in abandonment, obedience, discernment, and detachment
  - Acceptance of ordinary, daily experiences as God's will
  - Self “annihilation” ... death to self (will)
  - Perseverance in prayer despite no consolation or even the feeling of devotion or love
  - Prayer of faith – surrender of whole self to God – “naked faith” as described by John of the Cross
- Devotion to Our Lady (Marian Consecration)
- Spiritual direction

“It is impossible to attain union with God without a complete conformity to God's will that is proven by works, by one's way of life. Instead of preoccupying ourselves with the rule, we need to aim generously at the goal.”

--Fr Gabriel of Mary Magdalene, *Divine Intimacy*



1. It agrees with Scripture.
2. God usually repeats it.
3. The idea comes to us while praying.
4. The desire grows stronger with time.
5. It involves an element of risk or faith.

# Prayer and the Apostolate

- *Soul of the Apostolate*, written by Cistercian Abbot, Dom John Baptiste Chautard the perennial guide on the relationship between prayer and the apostolate

“The apostolate is never a personal activity, a fruit of human resources and abilities, but is always a collaboration with the work of Christ.”

“The prime purpose of the apostolate is to reveal and to communicate the love of God to all men.”

--Fr Gabriel of St Mary Magdalene, *Divine Intimacy*

“Apostolate is nothing more than the outpouring of one’s love for God.”

---Fr. Fernandez, *In Conversation with God*

# How it all comes together

“A prayer that does not lead you to practical action for your brother...is a sterile and incomplete prayer. When time is not set aside for dialogue with him in prayer, we risk serving ourselves and not God present in our needy brother and sister.”

--Pope Francis, Angelus address, July 21, 2013

“A new evangelization, a church which evangelizes, must always start with prayer...without prayer, our acts are empty, and our proclamation has no soul; it is not inspired by Spirit.”

--Pope Francis, General Audience, May 22, 2013

“Act as if everything depended upon you, knowing that in reality everything depends on God.”

--St Ignatius de Loyola

# Thoughts to Ponder

“The only real sadness, the only real failure, the only *great tragedy* in life, is to not to become a saint.”

--Leon Bloy

“The Lord must reign in our mind, in our will, and in our actions.”

--Fr Fernandez, *In Conversation with God*

“God has given you a gift, a charism. A charism isn’t something you earn. It’s a gift entrusted to you for the sake of the whole community, including your church. The only question is whether you will put it at the service of the community or not.”

--Author Unknown