

How to Live the Extraordinary Graces of Easter

FB LIVE Event with Christina Semmens

- Welcome
- Submit questions through the chat feature
- Background about myself and my ministry

Why this FB Live Event?

- We are in the midst of the great high liturgical season of Easter season runs until Sunday, June 9th (Pentecost)

“In the midst of winter, I finally learned
there was in me an invincible summer.”

— Albert Camus, French writer





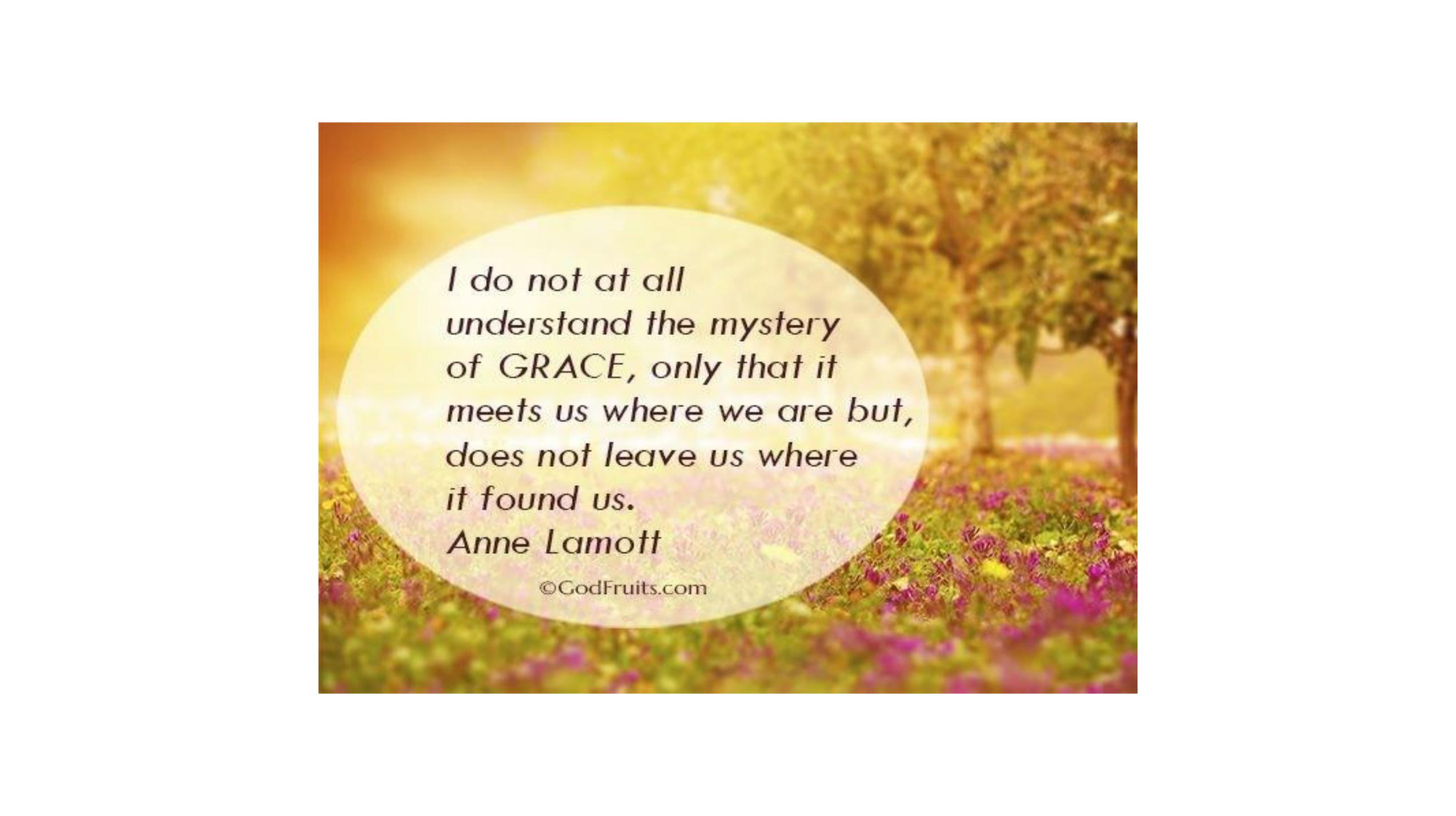
What is the focus of the Easter Season?

Lent and Easter Are Two Sides of the Same Coin

Lent: Focus upon what is *preventing* us from receiving the new life God desires for us. Use of the 3 traditional practices of prayer, fasting and almsgiving, focus upon penance, sacrifice, reparation

Easter: Focus upon our new life that in Christ, especially the graces we have *received* in the sacraments of initiation—baptism, Confirmation and Eucharist, and to adopt habits that will reflect this new life in us

BOTH Lent and Easter are rooted in the reality of God's *never-ending* and *abundant* love for us.



*I do not at all
understand the mystery
of GRACE, only that it
meets us where we are but,
does not leave us where
it found us.*

Anne Lamott

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What is our New Life in Christ?

Rooted in the gratuitous love and grace of God

An Identity given to us in Baptism

We are adopted sons and daughters of God the Father

Partakers of the divine nature (2 Peter 4:8)

Members of the Body of Christ

Temples of the Most Holy Trinity

Co-heirs of the Kingdom

Called to be Priest, Prophet, and King in the world and work to bring about the redemption of the world alongside Christ in the vineyard

What is our New Life in Christ?

Sealed by the Holy Spirit in Confirmation

Strengthens and “activates” the Seven Gifts of the Holy Spirit

“...Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.

--CCC, 1831

What is our New Life in Christ?

Most Holy Eucharist

The Actual **B**ody, **B**lood, **S**oul and **D**ivinity of **J**esus **C**hrist

Transforming union with our **L**ord and **S**avior

AND the entire **B**ody of **C**hrist

Nourishes the **D**ivine **L**ife within us, so that through **H**im, with **H**im, and in **H**im, we can become more fully **H**is image of love and mercy in the world

Source and **S**ummit of **O**ur **F**aith

Eternal Life Here and Now

“...whoever believes in the Son has eternal life.”

St. John, in his Gospel, didn't consider eternal life something we can receive only after we die.

John tells us that we already have eternal life, right now, here on earth

---if we possess Christ.

Jesus IS Our Life

Christ Himself is our life.

It is Christ Himself who is eternal life.

So, then through our baptism, through SAYING YES to God and opening ourselves up to His love and grace, we have eternal life.

We don't just possess life, or live life.

Eternal life means we are existing and living in God.

And our life *is a Person*, Jesus Christ.

Easter is about Celebrating Our New Life in Christ

Think again about how Lent and Easter are two sides of the same coin:

Lent shows us how loving the crucified Jesus is,
Easter shows us how victorious the Risen Jesus is.

This is the new life that has been given to us,
and which we are asked to embrace and live out
Ever more fully throughout the Easter season!

“...He does not ration His gift of the Spirit.”

This is from today's Gospel according John.

Bishop Robert Barron shared in a reflection he wrote about how in the cathedral in Chartres, France, the figure of Jesus is surrounded by seven doves, symbolizing these seven gifts of the Holy Spirit, and how this is a sign of how the Messiah will be filled up with all of the powers and energies of God's Spirit.

When we embrace the new life and become active participants in the divine life, the seven gifts bear “fruit” in our life, and the lives of others.

These “fruits of the Holy Spirit” are peace, patience, kindness, goodness, generosity, joy, gentleness, love, faithfulness, modesty, self-control and chastity.

The fruits of the Holy Spirit act as “windows into heaven” as they give the people and world around us a glimpse of what *will be* in Heaven.

How Does One Come By These Gifts?

These gifts come from Jesus Christ.

They are a **FREE** gift of His love, so we can't earn them.

But we *can* work to put ourselves in proximity of His graces as much as possible by placing ourselves in union with His Church and through frequent reception of the sacraments.

Adopting Habits That Will Reflect This New Life In Us

Spending time with our Lord *every day*

In conversation with Him through your prayer and meditation

Adoration—First Friday/First Saturday

Visits to Blessed Sacrament

Frequenting the Sacraments

Commit to receiving Eucharist more than 1x a week

Commit to *regular* Confession—1x a month *minimum*

Thanksgiving After Communion

Adopting Habits That Will Reflect This New Life In Us (cont)

Growing in Virtue

Daily Resolution

Corporal & Spiritual Works of Mercy

Sacrifices in the course of your daily life—accepting anything that you do not like, did not choose and can not change

Spiritual Reading—Saints of Mercy

St Therese of Lisieux, St Faustina, St Mother Teresa of Calcutta

“The Little Way”

“Divine Mercy” “I Thirst”

“Virtue is Correctly Ordered Love”

Adopting Habits That Will Reflect This New Life In Us (cont)

Abandonment to God's Will

Receive Spiritual Direction/Mentoring

Marian Consecration

May is the Month of Mary

"When needed, Mary provides for the defense and salvation of her children extraordinary graces and wonderful miracles...What favors have been bestowed on all hearts devoted to the heart of Mary!"

— St. Ignatius of Loyola



Faith is taking the first step
even when you don't

see the whole

stair case.

Martin Luther King, Jr.

Stepping Out in Faith, Hope and Love

Our new life is rooted in God's LOVE for us;

The abundance of His graces gives us cause to HOPE;

And this gives us the courage to have FAITH
in His promises!

What is the Goal of Easter?

To embrace the graces won for us by Christ;

Adopt the habits that will help reflect these graces to others;

So we become more effective proclaimers of the Good News

So we can begin to live our eternal life here and now!

How Can I Start?

- Resources for adopting new habits to embrace the new life of Christ this Easter season
- A few that I would recommend for Easter:
 - Make/renew your Marian Consecration
 - Make/renew your Consecration to Merciful Love (*33 Days to Merciful Love*)
 - Novena to Holy Spirit leading up to Pentecost
 - *The Turning Point: Eight Encounters with Jesus That Will Change Your Life* by Dr Allen Hunt from Dynamic Catholic
 - *Genesis to Jesus: Journey Through Scripture* study by Scott Hahn
 - My own weekly *Say Yes to Holiness* newsletter; you can sign up at www.sayyestoholiness.com (at the bottom of the home page)
 - My own online courses www.christinasemmens.com/online-courses/
 - *3 Keys to Opening the Door to a Deeper Relationship With God* mini-course
 - *First Things First* online course
 - Other resources on my website and the Say Yes to Holiness FB page

Summary

How do I live the extraordinary graces of Easter?

Embrace Our New Life in Christ

Adopt Habits That Reflect That New Life

Step Out in Faith, Hope and Love

SPECIAL THANK YOU

As a special THANK YOU for your time today and for participating in this Live Event:

I will be making all of the slides from my talk today available as a FREE PDF download

AND

Am offering you a discount for enrolling in any of my online courses. Just use Coupon Code FACEBOOK when you register

Want to learn more?

Watch for my blog posts on the Say Yes to Holiness FB page, my Wordpress blog and on my website.

Or to hear about upcoming events or be notified about upcoming online courses or my book release later this year, simply sign up to receive Say Yes Book Updates at my website:

www.sayyestoholiness.com

THANKS AGAIN for your time, and please know of my continued prayers that you will continue to **SAY YES** on your journey to holiness and have an extraordinarily grace-filled Easter!