

| Degrees of Charity | Virtues | Gifts | Purifications | Prayers | Teresa's Mansion |
|--|--|--|---|---|---|
| <p>Beginners (Purgative Way) Ascetical Life</p> | <p>Initial virtues, first degree of charity, temperance, chastity, patience, first degrees of humility</p> | <p>Gifts of the Holy Ghost rather latent, inspirations at rare intervals, slight aptitude as yet to profit by them. The soul is especially conscious of its activity</p> | <p>Active purification of the senses and of the spirit, or exterior and interior mortification</p> | <p>Acquired prayer: vocal prayer, discursive prayer affective prayer, which becomes more and more simple, called the prayer of active recollection.</p> | <p>First and Second Mansion</p> |
| Dark Night of the Senses | | | | | |
| <p>Proficients (Illuminative Way) Threshold of Mystical Life</p> | <p>Solid virtues, second degree of charity, obedience, more profound humility, spirit of the counsels</p> | <p>The gifts of the Holy Ghost begin to manifest themselves, especially the three interior gifts of fear, knowledge and piety. The soul, more docile now, profits more from inspirations and interior illuminations.</p> | <p>Passive purification of the senses, under the influence especially of the gifts of fear and knowledge. Concomitant trials. Entrance into the illuminative way.</p> | <p>Initial infused prayer, isolated acts of infused contemplation in the course of the acquired prayer of recollection; then, prayers of supernatural recollection and of arid or consoled quiet. The gift of piety</p> | <p>Third and Fourth Mansion</p> |
| Dark Night of the Spirit | | | | | |
| <p>The Perfect (Unitive Way) Mystical Life</p> | <p>Eminent and heroic virtues, third degree of charity, perfect humility, great spirit of faith, abandonment, almost unalterable patience.</p> | <p>The higher gifts manifest themselves more notably and frequently. The soul is dominated by the Holy Ghost. Great passivity in this regard, which does not exclude the activity of the virtues.</p> | <p>Purification of the spirit under the influence especially of the gift of understanding. Concomitant trials in which are manifested the gifts of fortitude and counsel. Entrance into the perfect unitive way</p> | <p>Infused prayers of simple union, of complete union (sometimes ecstatic) of transforming union, under the more and more marked influence of the gift of wisdom. Concomitant favors.</p> | <p>Fifth, Sixth and Seventh Mansion</p> |

Becoming a Saint

- **4 Steps to Holiness**

- Daily Meditation

- 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
- Four objectives—Adoration, Contrition, Thanksgiving, Supplication (ACTS)
- **The Four “R’s”—Read, Relate, Reflect, Resolution**
- 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

- **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.”

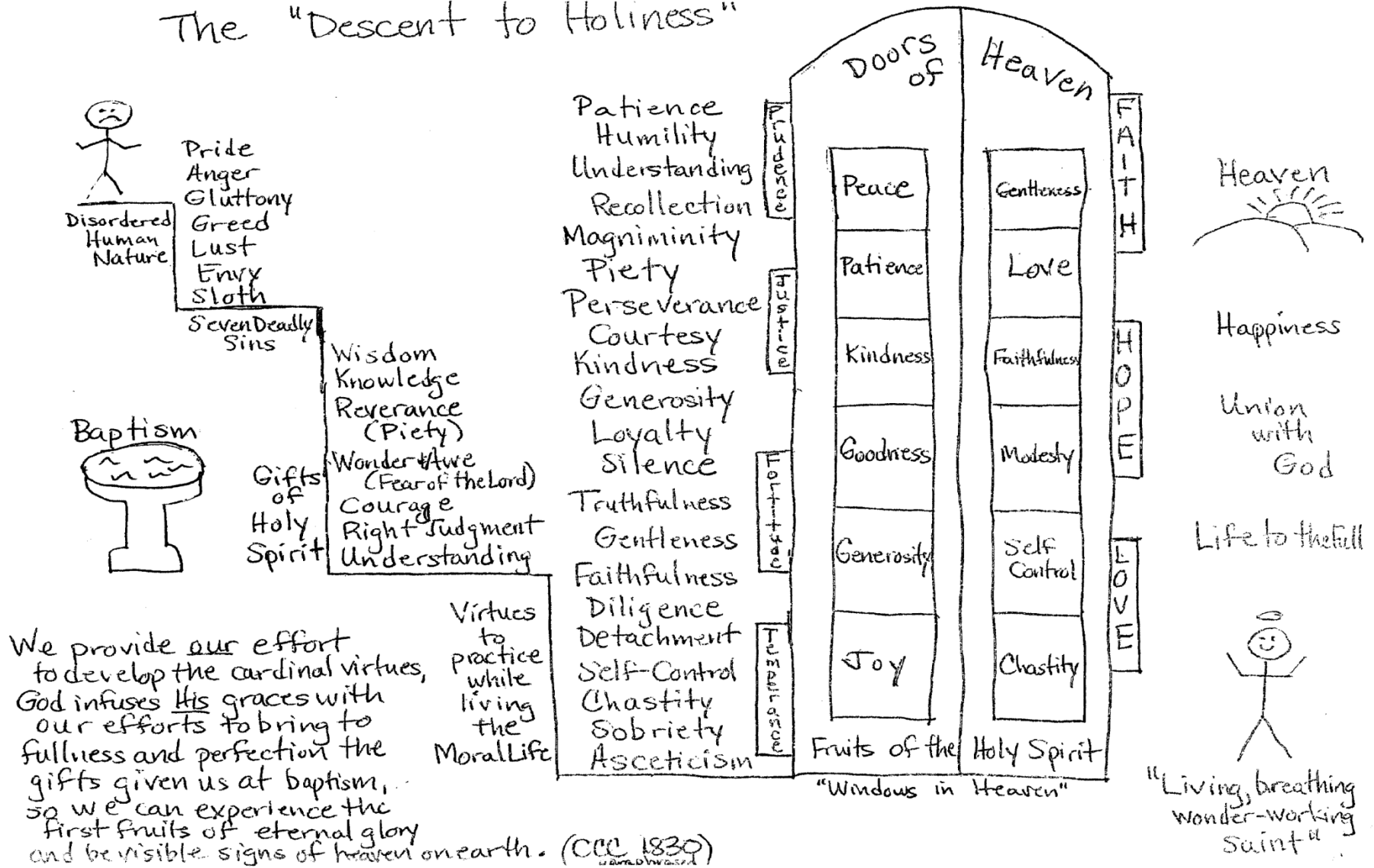
**IF YOU DON'T HAVE
TIME TO PRAY AND
READ SCRIPTURES,
YOU ARE BUSIER THAN
GOD EVER INTENDED
YOU TO BE.**

Frequent Reception of the Sacraments

- 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!

Living and Growing in a Life of Virtue

The "Descent to Holiness"



Examples of Growing Daily in Virtue

- 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)
- Develop and follow a 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

