Spiritual Survival Skills in an Age of Apostasy

I. Review our Lady’s Heavenly Solution
II. An Age of Apostasy
III. Basic Catholic Anthropology
IV. Seven Survival Skills

Be prepared!
As faithful Catholics we should all:

1) Support Right Worship
2) Hold the true Faith
3) Obey God’s Commandments
4) Maintain Purity
5) Pray (Meditation)
6) Penance (Duty, Suffer, Reparation)
7) Spiritual Combat
8) Turn to Mary

- Traditional Latin Mass
- Frequent Confession
- Eucharistic Adoration
- Devotion to the Sacred Heart
- Pray the Rosary
- Brown Scapular
- Miraculous Medal
- Consecrate yourself to Mary
- Devotion to the Immaculate Heart (First Saturday, Pray for the Pope & consecration of Russia)

General Situation Today:

A growing crescendo of diabolical evil!
1) Heretics reject dogma
2) Protestants reject the Church
3) Rationalists reject Christ
4) Atheists reject God

Great unleashing of evil into the world through revolution.

Revolution: Destroying God’s right order
Russia has spread her errors.

The devil has been given far more power.

An Age of Apostasy:

- Apostasy
  - Def: The voluntary abandonment of the Christian religion.
  - Aus: A baptized person, after possessing the True Faith, totally rejects it.

A “silent” apostasy has gripped Christendom.

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- We must recover and restore our Catholic Tradition!
Marks and Images of the Age of Apostasy:

Tell-tale Signs:
- Heresy, Blasphemy, Impurity
- Charity has grown cold
- Massive rise in occult presence and practices, and a concurrent growing denial of the devil’s existence.

Scriptural Images
- River of Revolution, masking itself as ‘progress’
- Man choked by poisonous smog and malevolent filth of Sodom and Gomorrah
- Rise of a new world order and a one world religion...

The Passion of the Mystical Body of Christ:
- The Church is on a Via Dolorosa
- The path up Calvary
- It ends with the Crucifixion
- Thereafter comes the Resurrection

Rise of a new world order and a one world religion...

The Passion of the Mystical Body of Christ:
- The Church is on a Via Dolorosa
- Temptations to avoid
  - Deny it!
  - No, let Christ’s light illumine reality.
  - Abandon ship!
  - No, remain in the Barque of Peter.
  - Despair!
  - No, trust in God’s Providence.

Seven Survival Skills
1) Learn the basics.
2) Expand your knowledge.
3) Find a good mentor(s).
4) Avoid the pitfalls.
5) Excel through constant practice.
6) Master all the means to excel.
7) Attain perfection.

1. Recover Catholic Tradition by re-learning Catholic Fundamentals.
- So much of our basic Catholic knowledge has been lost
- A primary vehicle for the transmission of knowledge in any society is tradition.
- One example: Let's consider a basic Catholic anthropology, because one must have an adequate understanding of human nature and of self
Basic Catholic Anthropology

Soul
- Will
- Mind
- Passions
  - Irascible
  - Concupiscible

Body
- Senses
  - Interior
  - Exterior
- Passions
  - Irascible
  - Concupiscible

Passions
- Hope
- Joy
- Grief
- Anger
- Love
- Fear
- Aversion
- Desire
- Hatred

Mind
- Memory
- Imagination
- Sight
- Hears
- Taste
- Smell
- Sight
- Touch

Body
- Will
- Mind
- Senses
- Interiors
- Exterior
- Passions
- Irascible
- Concupiscible

Divine Nature
- Goodness
- Truth
- Beauty (right order)

The Transcendentals

Human Nature
- Will
  - to choose the Good
- Mind
  - to know the Truth
- Body
  - called to obey the soul thereby being Beautiful

Basic Catholic Anthropology
2. Recover Catholic Tradition by STUDYING the Faith.
   - This is an absolute necessity.
   - Otherwise, you will be deceived or lead astray.
   - Each person must take 'ownership' of his faith and be prepared to render an accounting at his judgment.
   - Humility is necessary.
   - Purify your intentions.
   - Enkindle charity.

3. Recover Catholic Tradition by imitating the SAINTS.
   - They have "been here before."
   - Not only have they survived, but they have excelled and attained Heaven.
   - We need to learn from them and seek their intercession.
     - Read their lives.
     - Read their writings.
     - Meditate; how does this apply to our time?
   - We must surround ourselves with the saints!

4. Restore Catholic Tradition through diligent VIGILANCE.
   - Know the enemies of your soul: world, flesh and the devil
   - Death before mortal sin!
   - Every day is a battle for your soul.
   - Flee temptations.
   - Moritfy your flesh.
   - Resist the encroachments of the vanities of the world.

In my opinion, this is the most challenging of the seven skill set because you have to work so hard against a seemingly all pervading current.
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   - Mortify your flesh.
   - Resist the encroachments of the vanities of the world.
   **BE ON GUARD:**
   - Entertainment
   - Media
   - Technology
   - Illusory pleasures
   - False maxims
   - Luxury
   - Power
   - Fame

5. Restore Catholic Tradition through growth in VIRTUE.
   - Love virtue, abhor evil.
   - Fulfill the duties of your state in life.
   - Strive after excellence!
     - reject legalism and minimalism
     - act for the sake of love of God.
   - Have a plan to grow in virtue.

6. Restore Catholic Tradition through PRAYER and the SACRAMENTS.
   - Be reservoirs of grace, not channels.
   - Daily Rosary (as a family if possible).
   - Recollection of soul
   - Daily mental prayer.
   - Sacraments – as per traditional rite.
   - Sacramentals

   **Sources of Grace**
   - Sanctifying
   - Actual

   **Sacraments**
   - as per traditional rite.

   **Raccolta**
   - Holy Water
   - Blessed salt & oil
   - Blessed candles
   - Crucifix
   - Relics
   - Medals
   - Scapular
   - Statues / Images

   Have a deep conviction that the Holy Ghost has been at work in the Church in the development of these legitimate Traditions. Trust Him!

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   **Transcendentals**
   - Divine (infinite & perfect) attributes of God for which all men always long. St. Augustine relies on them to 'prove' the existence of God.

   **Human Nature**
   - Faith, Study, Saints, Vigilance, Virtue, Grace, Prayer, Sacraments
6. Restore Catholic Tradition through PRAYER and the SACRAMENTS.

If we are to resist the encroachments of the world (negative), we need to fill our mind, experience and environment with that which is true, good, and beautiful (positive).

- Truth → Mind → Almsgiving
- Goodness → Will → Prayer
- Beauty → Body → Fasting

Pillars of Penance

Faith, Study, Saints, Vigilance, Virtue, Grace, Prayer, Sacraments

Evangelical Counsels

7. Restore Catholic Tradition through recourse to Our LADY.

- Mother of God
- Co-Redemptrix
- Mediatrix of all Graces

"O Lady, since Thou art the dispenser of all graces, and since the grace of salvation can only come through Thy hands, our salvation depends on Thee."

- St. Bernardine of Sienna († 1444 AD)

The Beatitudes are the summit of Christ's teaching:

- Blessed are the poor in spirit: for theirs is the Kingdom of Heaven.
- Blessed are the meek: for they shall possess the land.
- Blessed are they that mourn: for they shall be comforted.
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the clean of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called children of God.
- Blessed are they that suffer persecution for justice' sake: for theirs is the Kingdom of Heaven.

As well as their connection to the Theological and Cardinal Virtues:
Seven Spiritual Survival Skills

Recover Catholic Tradition:
1) Re-learn FAITH Fundamentals
2) STUDY the Faith.
3) Imitate the SAINTS.

Restore Catholic Tradition:
4) Diligent VIGILANCE.
5) Grow in VIRTUE.
6) The means of GRACE
   (prayer, sacraments, sacramentals)
7) Recourse to Our LADY.