

# JESUS CHRIST, HIS LOVE, MY PERFECTION

## Introduction to the 2017 Lenten Mission

There will be two major themes to the Spiritual Exercises, or Lenten Mission:

### ❶ Jesus Christ and ❷ Christian Perfection

#### I. JESUS CHRIST

✠ We must come to know Christ as He truly is.

✠ Jesus tells us:

↳ “Do penance, for the kingdom of heaven is at hand.” (Mt 4:17) *Repent, change.*

↳ “Come, follow Me.” (Mt 4:19)

↳ “Be you therefore perfect, as also your heavenly Father is perfect.” (Mt 5:48)

✠ “All our perfection consists in being conformed, united and consecrated to Jesus Christ.” (St. Louis de Montfort, *True Devotion to Mary*, No. 120)

#### II. CHRISTIAN PERFECTION

✠ **Examine your life.** The real key to fruitful spiritual exercises are your willingness, and your efforts, to cooperate with the Holy Ghost.

✠ Set aside at least **fifteen minutes each day** of the Mission, beginning today.

Follow Jesus into the desert. Follow Him up the high mountain. Give this time to God.

✠ Jesus calls us to follow and imitate Him because He *loves* us.

✠ **Charity** is essential (*indispensable!*) for salvation. It is the love of God that enables us to have charity. Without the Holy Ghost, we cannot have charity.

This, then is the program for our Lenten Mission: the themes of **Jesus Christ** and **Christian perfection**. We will place special emphasis on *Christ’s love for us*, and *our love for Him*. Christian perfection consists in love of God above all things, i.e. supreme love for Jesus; Jesus my All, Jesus my Life, Jesus my Everything

*How can we be perfect as our heavenly Father is perfect?*

### **III. EIGHT MEANS OF PERFECTION:**

- (1) Desire**
- (2) Prayer**
- (3) Spiritual Reading**
- (4) Meditation**
- (5) Daily Examination of Conscience**
- (6) Frequent Confession**
- (7) the Holy Eucharist**
- (8) Devotion to the Blessed Virgin Mary and the Saints**

### **IV. EIGHT OBSTACLES TO PERFECTION**

- (1) the sense of touch**
- (2) the sense of taste**
- (3) the sense of sight**
- (4) the tongue**
- (5) passions of the soul**
- (6) the love of riches**
- (7) the desire for honor, praise, and glory**
- (8) temptations of the devil**

### **V. THE EIGHT BEATITUDES (Mt 5:3-10)**

- (1) Blessed are the poor in spirit...**
- (2) Blessed are the meek...**
- (3) Blessed are they who mourn...**
- (4) Blessed are they that hunger and thirst after justice...**
- (5) Blessed are the merciful...**
- (6) Blessed are the clean of heart...**
- (7) Blessed are the peacemakers...**
- (8) Blessed are they that suffer persecution for Christ's sake...**

## ***It is good for us to begin these Lenten Spiritual Exercises.***

Here is a list of practical things to do each day during your (minimum) fifteen minutes of time with Christ in the desert climbing the mountain:

- ☞ Listen to Jesus speaking to you, specifically, “Do penance, for the kingdom of heaven is at hand” (Mt 4:17), “Come, follow Me” (Mt 4:19), “Be you therefore perfect, as also your heavenly Father is perfect” (Mt 5:48). *Believe* that He is speaking these words to you! Make a resolution to change.
- ☞ Pray to the Holy Ghost (ask Him to enlighten and guide you during these days of spiritual exercises).
- ☞ Pray from the Sacred Scriptures:
  - Gospel from the 1<sup>st</sup> and 2<sup>nd</sup> Sundays of Lent
  - Matthew Chapter 5
  - 1 Cor 13:1-13 on charity
  - 1 Jn 4 on charity
  - Other Gospels of this Season of Lent and how they reveal Christ’s love (especially Ash Wednesday, and the Wednesdays, Fridays, and Saturdays of the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Weeks of Lent)
- ☞ Review Our Lady’s Message at Fatima, calling us to love God and to do penance.
- ☞ Reflect: How much do I love Jesus? Consider what St. Vincent de Paul (1580-1660) says, “*Would you know the extent of your love for God? Examine your desire for sufferings and humiliations. A soul grows in divine love in proportion as it desires to suffer and be humbled. These are the certain marks of this heavenly fire; all the rest is but smoke.*” [Short Meditations for Every Day of the Year, Abbé Lasausse, p. 249]
- ☞ Tell Jesus that you love Him, e.g. Devotions for Communion, pp. 80-96 in 1962 Roman Catholic Daily Missal by Angelus Press.
- ☞ Be a beggar and beg the Lord! *Lord, help me to know Thee! Lord, help me to love Thee!*
- ☞ Meditate upon our Lord’s Passion.
- ☞ Consider your own death.  
Gen 3:19, “*Remember, man, that thou art dust, and unto dust thou shalt return.*”
- ☞ Psalter of Jesus, *Blessed Sacrament Prayerbook* by Fr. Lasance, pp. 799-809
- ☞ Prayers to the Holy Ghost, *Blessed Sacrament Prayerbook* by Fr. Lasance, pp. 1019-35
- ☞ Prayers for Holy Communion, *Blessed Sacrament Prayerbook* by Fr. Lasance, pp. 1036-66
- ☞ Reflections on the End of Man, *Blessed Sacrament Prayerbook* by Fr. Lasance, pp. 1187-89