



**JUST A GUY IN THE PEW**  
**THE NARROW ROAD.**  
SEPTEMBER 2021 | FORGIVENESS

*In loving memory of Bill Platten.  
A leader, a mentor, a friend.*



# **THE NARROW ROAD**

THE EVERYDAY GUIDE FOR THE EVERYDAY GUY



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# WELCOME

Brothers in Christ,

I am so excited to deliver this resource to you. As I look back over the years at what God has had us doing at Just a Guy in the Pew, it has become obvious that His goal for our ministry is to help men become virtuous. Jesus didn't ask us to be merely "good" men, no He called us to be great men. In order for this to happen we need to leave vice and selfishness behind and trade it in for virtue and selflessness. That is what will help us achieve the goal that Christ has for us all. That goal is holiness. In the words of St. Gregory of Nyssa, "The goal of a virtuous life is to become like God." What is God? He is holy and that's what we should hope to become as well.

The *Catechism* defines virtue in this way: "A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions." (CCC1803) Did you catch that? It says in order to be virtuous we need a habitual and firm disposition. This is where I think most men struggle. Most of us desire to do good. We desire to BE good. The problem is we don't have a system in place to form the necessary habits that shore up our will. Almost every man I have worked with over the years falls prey to this. We have the intention of being virtuous, but the road to hell is paved with good intentions, as they say. As men, we need structure and accountability to help us practice and live out virtue in our lives. Put pieces of wood for building a desk in front of a guy without directions or tools and the wood will soon be pushed to the side with a promise of getting to it later. Put that same wood in front of a guy with directions and a screw gun and he will build it in an hour. You see, the desire is there, we just need good directions.

That is what I hope these books can be for you every month. In them, you will be able to practice a singular virtue over 30 days in the different relationships of your life. This will help you dial your focus in on one virtue each month and will help keep you from feeling overwhelmed. Feeling overwhelmed is what makes most guys put something down. That's why we have made each day as simple as possible for you. We have even included the daily Gospel reading for you to read and reflect on what God is sharing with you personally that day. That in itself will help transform your life.

You also will have the opportunity to list out the ways in which you have practiced that month's particular virtue in the four different relationships in your life. Those are your relationship with God, your relationship with your spouse, your relationship

with your children, and your relationship with your neighbor. These are the places God wants us to grow in virtue. He uses the very people He puts in front of you each day as opportunities to grow in virtue and holiness. If you are not married and do not have children use those two weeks to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.

The last piece we have included is the Opportunity for Grace Chart. This is not a commitment sheet but is exactly what it is called. It's an opportunity for grace. It is a list made up of simple yet powerful practices you can begin to put into place in your life. These are opportunities you can seek out throughout the month to receive God's grace or pass it along to your family or others. Most guys beat themselves up for what they don't do. This is an opportunity to shine light on the progress you are making each week in your spiritual life. It's a chance to see the positive instead of the negative.

It is my hope and prayer that you will find this simple yet powerful tool helpful. I hope that you will use this book each day to help continue on the path to holiness. If your goal is to be the man that God created you to be, then this will get you going in the right direction. I look forward to walking this journey towards becoming virtuous men beside you.

**In Christ,  
John**

# OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

# THE VIRTUE OF FORGIVENESS

Brothers,

This month we shift our focus to the virtue of forgiveness. Learning to give and receive forgiveness can be one of the hardest things to do in life. None of us are strangers to the way others can hurt us, and none of us are strangers to the wounds we can cause in others. Unfortunately, wounds are a part of life. Some are unintentional, and others are given with purpose. Regardless of the intention, wounds can be hard to forgive.

When we do not practice the virtue of forgiveness, we open a door to resentment, hate, and a hardened heart in our lives. Jesus knew this and spoke often in the Scriptures about the importance of this virtue. When Peter asked Jesus about how many times he must forgive his brother, Jesus responded, "I say to you, not seven times but seventy-seven times." There is no limit to how many times we must forgive, and Jesus makes it clear we are to constantly forgive people for the way they hurt us. He doubles down by also telling us that if we refuse to forgive our brothers and sisters, our Heavenly Father will refuse to forgive our transgressions. Wow! That is a big one. Sit with that idea for a moment and consider this month's prayer. When we say the Our Father, we pray, "forgive us our trespasses as we forgive those who trespass against us." So often, this part of the prayer rolls right off our tongues without thoughtful consideration as to what we are asking for and agreeing to. We are saying forgive me AS I forgive. Jesus did not include this in the prayer as a form of punishment. Rather, He recognized forgiveness as a path to the ultimate peace we all seek in our lives.

St. John Paul II said, "the only way to peace is through forgiveness." I could not agree with him more. There have been countless times in my life when I felt hurt and wanted to refuse pardoning someone. I thought withholding my forgiveness would punish them and be a way to control my pain. However, the reality is the only people we wind up hurting that way are ourselves. In holding on to pain and resentment, our wounds are allowed to stay open and fester. Before you know it, you wind up with a hardened and unforgiving heart on all things.

St. Augustine wrote, "to withhold forgiveness is to take poison and expect the unforgiven to die." When we do not work hard to practice this virtue, we can hold on to anger and hurt for years and suffer a far greater pain than what we originally hoped to avoid or inflict on others. In some cases, the people who hurt you may not even know they did. Even if they were aware of the pain at its occurrence, they have probably forgotten and moved on leaving you as the only one whom the grudge or wound is affecting now. Holding on to resentment and the pain of old wounds is no way to live your life. Trust me on that.

Like so many other parts of being a disciple, forgiveness is a choice to love. In the words of St. John Paul II, "Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to repay evil with evil." Catholicism calls us to forgive and be the bigger man in life. Guys, Jesus knows how hard it can be for us to forgive others. He understands what it's like to be wounded by those you care about. If Jesus, after all the betrayal, torture, and pain of the crucifixion, could forgive us, how can we not forgive those who have done far less to us?

Brothers, forgiveness is the Christian way of life. Let's spend this month working on this crucial virtue together. If there are any wounds or grudges you hold in your heart today, pray for God to give you a new heart filled with forgiveness—no matter the cost.

**In Christ,  
John**

# VIRTUE PLAN FOR THE MONTH

## VIRTUE: FORGIVENESS

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### MOTTO:

“Forgive us our trespasses as we forgive those who trespass against us.”  
(Matthew 6:12)

### ROOT SINS:

Pride, Anger, and Hate

### WHERE DO I SEE THESE SINS IN MY LIFE?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### PLAN TO FORM COURAGE

WEEK 1: Forgiveness and God

WEEK 2: Forgiveness and My Wife

WEEK 3: Forgiveness and My Children

WEEK 4: Forgiveness and My Neighbor

### OUR FATHER

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

**WEEK 1 REFLECTION:**

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# **FORGIVENESS AND GOD**

If there is one thing I have learned on this journey over the last few years, it's that you can't give what you don't have. You can't draw water from an empty well. If we have not spent time understanding and receiving God's forgiveness in our own lives, we will surely struggle in forgiving others.

Think about that. If we believe in our heart that God hasn't forgiven us, then there is a chance we will start to believe that we are unforgivable. We begin to identify ourselves as an unforgivable son rather than a beloved son. The devil loves this. He lives right in the middle of that. If he can convince you that you are not worthy of God's love and forgiveness, then he will be successful in turning you away from God. I have seen this far too many times in others and in my own life over the years. Just think of it in terms of confession. Many men go years without visiting the Sacrament of Reconciliation because of this. They have allowed the devil to convince them they are not worthy of God's forgiveness. Therefore, they avoid the confessional and the forgiveness and mercy God wants to grace them with there.

I remember being in a meeting with my men's group one day, and this came up. We were talking about confession and why so many men avoid it. I was stunned to find out many of the men in the room had not been to confession in years- some of them well over 10 years. These were good men. These were men that were involved in the parish and attended mass on Sundays. I asked them why. Most men said they were tired of confessing the same thing again and again. Some said they were embarrassed to tell the priest what they had done. Some flat out said, "I don't think I am worthy of God's forgiveness." The truth is we are unworthy of it. God chooses to give it to us anyway. That is His decision, and it is one that is made out of love. I told the men that day what I am about to tell you now. If you believe that God has a plan for your life, and you believe that He knew that plan far before He ever loved you into existence, then I would contend that He knew everything you were going to ever do in your life before you did it. He knew it before you were born, He was there when you thought about it, and He was there when you did it. All that is left is to take that mistake to Him in the confessional to ask for His forgiveness. We are not dealing with some far-off God who is too busy with others to keep up with what you are doing. No, He is in everything with you, your successes and your failures. He wants to be present in the process of mercy and forgiveness with you. That is why Jesus instituted the Sacrament of Reconciliation. You have a God who loves you so much that He wants you to know without a doubt, that He forgives you and deems you worthy of His mercy. He conceived a way that allows you to literally hear the words "your sins are forgiven." Let that sink in.

Just think of Peter. He denied Christ three times the night of Jesus' arrest just as predicted. Not only did Peter make the mistake of denying Jesus, but he did it even after he told Jesus he wouldn't. Think of how much anguish that must have caused Peter, the man who Jesus labeled His "rock." I cannot imagine how unworthy Peter must have felt. Even through all of that, Jesus made it a point to make sure Peter

knew he was forgiven after the Resurrection. Jesus gave Peter the same number of opportunities to tell Him he loved Him as he had to deny Him. If Peter could be forgiven for denying Christ, then you can be forgiven for anything you have done in your life. That is the grace we should find in that story from the Gospel.

My brothers, if we are going to become men that live the virtue of forgiveness well in our lives, we have to understand that we are forgiven. We have to believe it with everything in our being. God has found you worthy of mercy and, in turn, that should allow you to find others worthy of mercy. Never forget the words "you are my beloved son with whom I am well pleased." If you live in that truth, you will find it easier to forgive others the way that God has forgiven you. That, friends, is what living the Christian life is all about.

# WEEK 1: FORGIVENESS AND GOD

# SEPTEMBER 1, 2021

## THOUGHTS FROM THE CHURCH

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“Forgiveness is the remission of sins. For it is by this that what has been lost, and was found, is saved from being lost again.”

— **St. Augustine of Hippo**



SAY THE OUR FATHER

## GOSPEL

LK 4:38-44

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And he arose and left the synagogue, and entered Simon’s house. Now Simon’s mother-in-law was ill with a high fever, and they besought him for her. And he stood over her and rebuked the fever, and it left her; and immediately she rose and served them. Now when the sun was setting, all those who had any that were sick with various diseases brought them to him; and he laid his hands on every one of them and healed them. And demons also came out of many, crying, “You are the Son of God!” But he rebuked them, and would not allow them to speak, because they knew that he was the Christ. And when it was day he departed and went into a lonely place. And the people sought him and came to him, and would have kept him from leaving them; but he said to them, “I must preach the good news of the kingdom of God to the other cities also; for I was sent for this purpose.” And he was preaching in the synagogues of Judea.



# WEEK 1: FORGIVENESS AND GOD

## SEPTEMBER 2, 2021

### THOUGHTS FROM THE CHURCH

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“Your accumulated offenses do not surpass the multitude of God’s mercies: your wounds do not surpass the Great Physician’s skill.”

— St. Cyril of Jerusalem



### GOSPEL

LK 5:1-11

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While the people pressed upon him to hear the word of God, he was standing by the lake of Gennes'aret. And he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zeb'edee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.



WEEK 1: FORGIVENESS AND GOD  
**SEPTEMBER 3, 2021**

## THOUGHTS FROM THE CHURCH

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“Let no one mourn that he has fallen again and again; for forgiveness has risen from the grave.”

— **St. John Chrysostom**



## GOSPEL

LK 5:33-39

MEMORIAL OF SAINT GREGORY THE GREAT, POPE AND DOCTOR OF THE CHURCH

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And they said to him, “The disciples of John fast often and offer prayers, and so do the disciples of the Pharisees, but yours eat and drink.” And Jesus said to them, “Can you make wedding guests fast while the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and then they will fast in those days.” He told them a parable also: “No one tears a piece from a new garment and puts it upon an old garment; if he does, he will tear the new, and the piece from the new will not match the old. And no one puts new wine into old wineskins; if he does, the new wine will burst the skins and it will be spilled, and the skins will be destroyed. But new wine must be put into fresh wineskins. And no one after drinking old wine desires new; for he says, ‘The old is good.’”



WEEK 1: FORGIVENESS AND GOD  
**SEPTEMBER 4, 2021**

## THOUGHTS FROM THE CHURCH

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“This Blood that but one drop of has the power to win all the world forgiveness of its world of sin.”

— **St. Thomas Aquinas**



## GOSPEL

LK 6:1-5

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On a sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. But some of the Pharisees said, “Why are you doing what is not lawful to do on the sabbath?” And Jesus answered, “Have you not read what David did when he was hungry, he and those who were with him: how he entered the house of God, and took and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those with him?” And he said to them, “The Son of man is lord of the sabbath.”



WEEK 1: FORGIVENESS AND GOD  
**SEPTEMBER 5, 2021**

## THOUGHTS FROM THE CHURCH

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“He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart.”

— **St. Faustina Kowalska**



## GOSPEL

MK 7:31-37

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Then he returned from the region of Tyre, and went through Sidon to the Sea of Galilee, through the region of the Decap'olis. And they brought to him a man who was deaf and had an impediment in his speech; and they besought him to lay his hand upon him. And taking him aside from the multitude privately, he put his fingers into his ears, and he spat and touched his tongue; and looking up to heaven, he sighed, and said to him, “Eph'phatha,” that is, “Be opened.” And his ears were opened, his tongue was released, and he spoke plainly. And he charged them to tell no one; but the more he charged them, the more zealously they proclaimed it. And they were astonished beyond measure, saying, “He has done all things well; he even makes the deaf hear and the dumb speak.”



WEEK 1: FORGIVENESS AND GOD  
**SEPTEMBER 6, 2021**

## THOUGHTS FROM THE CHURCH

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“Confession is an act of honesty and courage—an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.”

— St. John Paul II



## GOSPEL

LK 6:6-11

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On another sabbath, when he entered the synagogue and taught, a man was there whose right hand was withered. And the scribes and the Pharisees watched him, to see whether he would heal on the sabbath, so that they might find an accusation against him. But he knew their thoughts, and he said to the man who had the withered hand, “Come and stand here.” And he rose and stood there. And Jesus said to them, “I ask you, is it lawful on the sabbath to do good or to do harm, to save life or to destroy it?” And he looked around on them all, and said to him, “Stretch out your hand.” And he did so, and his hand was restored. But they were filled with fury and discussed with one another what they might do to Jesus.



WEEK 1: FORGIVENESS AND GOD  
**SEPTEMBER 7, 2021**

## THOUGHTS FROM THE CHURCH

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"If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness."

— 1 John 1:9



SAY THE OUR FATHER

## GOSPEL

LK 6:12-19

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In these days he went out to the mountain to pray; and all night he continued in prayer to God. And when it was day, he called his disciples, and chose from them twelve, whom he named apostles; Simon, whom he named Peter, and Andrew his brother, and James and John, and Philip, and Bartholomew, and Matthew, and Thomas, and James the son of Alphaeus, and Simon who was called the Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor. And he came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all the crowd sought to touch him, for power came forth from him and healed them all.



## WEEK 2 REFLECTION:

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# FORGIVENESS AND MY WIFE

*\*If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

You don't have to be together long to realize that you are going to need to be a forgiving person in your marriage. When two separate people come together to become one, there are always going to be some things that have to be worked on. There is always baggage that is coming along for the ride. Most of the time, both a husband and a wife have wounds from their life before they were together that come in to play in their marriage. We just need to understand that many of these wounds will manifest at some point in an argument or altercation, and we will need to be a forgiving spouse when that happens.

St. Paul's great description of love in 1 Corinthians 13:4-8 says, "Love is patient, love is kind, it is not jealous; love does not brag, it is not arrogant. It does not act disgracefully, it does not seek its own benefit; it is not provoked, does not keep an account of a wrong suffered, it does not rejoice in unrighteousness, but rejoices with the truth; it keeps every confidence, it believes all things, hopes all things, endures all things." The part I want us to focus on here is that love "does not keep an account of a wrong suffered." Paul is telling us that true love is a forgiving love. That is what we need to keep in mind in our marriages. As I said above, both persons in a marriage bring previous baggage into the union with them. This baggage can consist of wounds from their previous life or even wounds that have happened in the marriage. Sometimes these are wounds that we have and don't even know that we have them. Often times, these wounds can manifest themselves in a heated argument or a disagreement over something. Many times, a husband or a wife can touch on a wound and not even know it. This can lead to a lashing out of sorts and can be very hurtful to each other. If we are not careful, we can start to hold a grudge and fall into behavior that becomes repetitive. If we deal with conflict in this way, we can wind up holding on to these hurts and allow our hearts to harden towards one another. That is exactly what the devil wants. He hates marriage. He hates family. If we allow this to happen in our marriage, it will leave an open invitation for him to wreak havoc on them. I know this firsthand. Angela and I continue still to this day to work with a person to heal our personal wounds so that we can have the joyful marriage God always intended for us to have. Part of that healing is coming to the understanding that we aren't perfect and whenever there is a hurt caused by an issue or an old wound, we both need to be quick to forgive one another.

When I would ask my father for advice on the married life, he would always tell me, "Don't go to bed angry." There is a lot of truth to that. We can't give the devil a foothold to cause division in our marriages. We need to swallow our pride and forgive our wives if they have hurt us in some way. In the same way, we also need to be quick to seek forgiveness when we have hurt them. No one but the devil benefits from a grudge. This week, if there are any underlying issues that you haven't forgiven in your marriage then ask God for the grace to forgive them. If you have been in the wrong on something with your wife, ask her forgiveness. Make the commitment this week to love each other the way that God intended. That starts by choosing to have a forgiving heart.

## THOUGHTS FROM THE CHURCH

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“To love and forgive as God does is a program of life that cannot know interruptions or exceptions.”

— Pope Francis



## GOSPEL

MT 1:1-16, 18-23 FEAST OF THE NATIVITY OF THE BLESSED VIRGIN MARY

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The book of the genealogy of Jesus Christ, the son of David, the son of Abraham.

Abraham was the father of Isaac, and Isaac the father of Jacob, and Jacob the father of Judah and his brothers, and Judah the father of Perez and Zerah by Tamar, and Perez the father of Hezron, and Hezron the father of Ram, and Ram the father of Ammin'adab, and Ammin'adab the father of Nahshon, and Nahshon the father of Salmon, and Salmon the father of Bo'az by Rahab, and Bo'az the father of Obed by Ruth, and Obed the father of Jesse, and Jesse the father of David the king. And David was the father of Solomon by the wife of Uri'ah, and Solomon the father of Rehobo'am, and Rehobo'am the father of Abi'jah, and Abi'jah the father of Asa, and Asa the father of Jehosh'aphat, and Jehosh'aphat the father of Joram, and Joram the father of Uzzi'ah, and Uzzi'ah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezeki'ah, and Hezeki'ah the father of Manas'seh, and Manas'seh the father of Amos, and Amos the father of Josi'ah, and Josi'ah the father of Jechoni'ah and his brothers, at the time of the deportation to Babylon. And after the deportation to Babylon: Jechoni'ah was the father of She-al'ti-el, and She-al'ti-el the father of Zerub'babel, and Zerub'babel the father of Abi'ud, and Abi'ud the father of Eli'akim, and Eli'akim the father of Azor, and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Eli'ud, and Eli'ud the father of Elea'zar, and Elea'zar the father of Matthan, and Matthan the father of Jacob, and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, who is called Christ.

Now the birth of Jesus Christ took place in this way. When His mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call His name Jesus, for he will save His people from their sins." All this took place to fulfil what the Lord had spoken by the prophet: "Behold, a virgin shall conceive and bear a son, and His name shall be called Emman'u-el" (which means, God with us).



WEEK 2: FORGIVENESS AND MY WIFE  
**SEPTEMBER 9, 2021**

## THOUGHTS FROM THE CHURCH

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“The only way to peace is forgiveness.”

— **St. John Paul II**



## GOSPEL

**LK 6:27-38** MEMORIAL OF SAINT PETER CLAVER, PRIEST

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“But I say to you that hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To him who strikes you on the cheek, offer the other also; and from him who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and of him who takes away your goods do not ask them again. And as you wish that men would do to you, do so to them. “If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful.

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back.”



WEEK 2: FORGIVENESS AND MY WIFE  
**SEPTEMBER 10, 2021**

## THOUGHTS FROM THE CHURCH

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“To forgive takes love, to forget takes humility.”

— St. Teresa of Calcutta



SAY THE OUR FATHER

## GOSPEL

LK 6:39-42

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He also told them a parable: “Can a blind man lead a blind man? Will they not both fall into a pit? A disciple is not above his teacher, but every one when he is fully taught will be like his teacher. Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Brother, let me take out the speck that is in your eye,’ when you yourself do not see the log that is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take out the speck that is in your brother’s eye.



## WEEK 2: FORGIVENESS AND MY WIFE

# SEPTEMBER 11, 2021

## THOUGHTS FROM THE CHURCH

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“Pardon one another so that later on you will not remember the injury. The recollection of an injury is itself wrong. It adds to our anger, nurtures our sin, and hates what is good. It is a rusty arrow and poison for the soul. It puts all virtue to flight.”

— St. Francis of Paola

 SAY THE OUR FATHER

## GOSPEL

### LK 6:43-49

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“For no good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. For figs are not gathered from thorns, nor are grapes picked from a bramble bush. The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks. “Why do you call me ‘Lord, Lord,’ and not do what I tell you? Every one who comes to me and hears my words and does them, I will show you what he is like: he is like a man building a house, who dug deep, and laid the foundation upon rock; and when a flood arose, the stream broke against that house, and could not shake it, because it had been well built. But he who hears and does not do them is like a man who built a house on the ground without a foundation; against which the stream broke, and immediately it fell, and the ruin of that house was great.”



WEEK 2: FORGIVENESS AND MY WIFE  
**SEPTEMBER 12, 2021**

## THOUGHTS FROM THE CHURCH

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“The Lord never gets tired of forgiving us. It is we who get tired of asking for forgiveness.”

— **Pope Francis**



## GOSPEL

**MK 8:27-35**

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And Jesus went on with his disciples, to the villages of Caesare'a Philippi; and on the way he asked his disciples, “Who do men say that I am?” And they told him, “John the Baptist; and others say, Eli'jah; and others one of the prophets.” And he asked them, “But who do you say that I am?” Peter answered him, “You are the Christ.” And he charged them to tell no one about him. And he began to teach them that the Son of man must suffer many things, and be rejected by the elders and the chief priests and the scribes, and be killed, and after three days rise again. And he said this plainly. And Peter took him, and began to rebuke him. But turning and seeing his disciples, he rebuked Peter, and said, “Get behind me, Satan! For you are not on the side of God, but of men.” And he called to him the multitude with his disciples, and said to them, “If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it.



## WEEK 2: FORGIVENESS AND MY WIFE

# SEPTEMBER 13, 2021

## THOUGHTS FROM THE CHURCH

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“Forgiveness isn’t about accepting a wrong, it’s a choice to let go of the wrong so as to live in freedom as a child of God.”

— **Bishop Barnes**



## GOSPEL

LK 7:1-10

MEMORIAL OF SAINT JOHN CHRYSOSTOM, BISHOP AND DOCTOR OF THE CHURCH

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After he had ended all his sayings in the hearing of the people he entered Caper'na-um. Now a centurion had a slave who was dear to him, who was sick and at the point of death. When he heard of Jesus, he sent to him elders of the Jews, asking him to come and heal his slave. And when they came to Jesus, they besought him earnestly, saying, "He is worthy to have you do this for him, for he loves our nation, and he built us our synagogue." And Jesus went with them. When he was not far from the house, the centurion sent friends to him, saying to him, "Lord, do not trouble yourself, for I am not worthy to have you come under my roof; therefore I did not presume to come to you. But say the word, and let my servant be healed. For I am a man set under authority, with soldiers under me: and I say to one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my slave, 'Do this,' and he does it." When Jesus heard this he marveled at him, and turned and said to the multitude that followed him, "I tell you, not even in Israel have I found such faith." And when those who had been sent returned to the house, they found the slave well.



WEEK 2: FORGIVENESS AND MY WIFE  
**SEPTEMBER 14, 2021**

## THOUGHTS FROM THE CHURCH

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"If a man finds it very hard to forgive injuries, let him look at a Crucifix, and think that Christ shed all His Blood for him, and not only forgave His enemies, but even prayed His Heavenly Father to forgive them also. Let him remember that when he says the Our Father, every day, instead of asking pardon for his sins, he is calling down vengeance on himself."

— St. Philip Neri

 SAY THE OUR FATHER

## GOSPEL

JN 3:13-17 FEAST OF THE EXALTATION OF THE HOLY CROSS

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No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life." For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.



## WEEK 3 REFLECTION:

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# FORGIVENESS AND MY CHILDREN

*\*If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

As parents, I think we can all agree we want our kids to grow up to be great people. I believe there is a hope within us all that our kids will grow up to be morally sound and will be successful at living out the Christian life. The thing is, we can't just hope for it. We must play an active role in their lives for that to become true. Our children learn from us. They mimic what they see. That means the good and the bad. If we want our kids to learn to be forgiving people, then we have to exemplify that in our own lives.

I remember being in the grocery one day with my son, Jacob, when we passed someone I had not seen in years. It just so happened that I had an altercation with this person a long time ago. The person had done something to embarrass me in front of a lot of people. I hated him for a long time because of it. The guy didn't see me, but I saw him. Immediately, I felt those old feelings of anger and disdain for the man welling up in me. Before I knew it, the words "I hate the guy" came out of my mouth in the form of a snarl. It was like I had been taken back to that very moment of embarrassment, and I didn't like it. Even though I thought I had forgiven him when he called and asked me to, I had not. I still held a grudge deep in my heart. As soon as those words came out of my mouth, I heard Jacob say, "Dad, God doesn't want us to hate anybody. You told me that. Why don't you forgive him?" Out of the mouths of babes, right? Here I was, practicing the opposite of what I had been preaching to my children right in front of one of them. I looked at my little boy and said, "You are right." Then, I took Jacob's hand and asked him to help me pray that God would give me the grace to forgive the man. I believe in that moment I truly did. I also believe Jacob will never forget that moment of humility his dad experienced.

If we want our children to learn how to forgive, then we have to show them. We must be humble enough to set aside our pride and take those steps. It is not enough to simply preach forgiveness to them. We have to become living examples of it. This goes for any of you who may have older children you have had altercations or issues with. I know of too many men who have gone years without speaking to their children because of an issue that neither the child nor the father has forgiven. Someone must take the first step. Someone has to be the bigger man. We have to decide if we want to teach our children pride and stubbornness or humility and forgiveness.

My brothers, this week let's focus on forgiveness as it pertains to our children. Keep your eyes open for opportunities to forgive them if they have done something wrong. Take advantage of the situations where you may have been in the wrong with them or your wife and use it as an opportunity to both practice and teach forgiveness. The world is full of people who want to hold resentment and hate in their hearts. Teach your children the virtue of forgiveness so they can be the light in the world Jesus asks them to be. It all starts with you. What or who do you need to forgive this week?

WEEK 3: FORGIVENESS AND MY CHILDREN  
**SEPTEMBER 15, 2021**

## THOUGHTS FROM THE CHURCH

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"If we really want to love, we must learn how to forgive."

—St. Teresa of Calcutta



## GOSPEL

JN 19:25-27 MEMORIAL OF OUR LADY OF SORROWS

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So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Mag'dalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.



## WEEK 3: FORGIVENESS AND MY CHILDREN

# SEPTEMBER 16, 2021

## THOUGHTS FROM THE CHURCH

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“There are many kinds of alms; the giving of which helps us to obtain pardon for our sins; but none is greater than that by which we forgive from our heart a sin that someone has committed against us.”

— **St. Augustine of Hippo**



## GOSPEL

LK 7:36-50

MEMORIAL OF SAINTS CORNELIUS, POPE, AND SAINT CYPRIAN, BISHOP, MARTYRS

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One of the Pharisees asked him to eat with him, and he went into the Pharisee's house, and took his place at table. And behold, a woman of the city, who was a sinner, when she learned that he was at table in the Pharisee's house, brought an alabaster flask of ointment, and standing behind him at his feet, weeping, she began to wet his feet with her tears, and wiped them with the hair of her head, and kissed his feet, and anointed them with the ointment. Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner." And Jesus answering said to him, "Simon, I have something to say to you." And he answered, "What is it, Teacher?" "A certain creditor had two debtors; one owed five hundred denarii, and the other fifty. When they could not pay, he forgave them both. Now which of them will love him more?" Simon answered, "The one, I suppose, to whom he forgave more." And he said to him, "You have judged rightly." Then turning toward the woman he said to Simon, "Do you see this woman? I entered your house, you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore I tell you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little." And he said to her, "Your sins are forgiven." Then those who were at table with him began to say among themselves, "Who is this, who even forgives sins?" And he said to the woman, "Your faith has saved you; go in peace."



WEEK 3: FORGIVENESS AND MY CHILDREN  
**SEPTEMBER 17, 2021**

## THOUGHTS FROM THE CHURCH

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“And be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

— **Ephesians 4:32**

 **SAY THE OUR FATHER**

## GOSPEL

**LK 8:1-3**

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Soon afterward he went on through cities and villages, preaching and bringing the good news of the kingdom of God. And the twelve were with him, and also some women who had been healed of evil spirits and infirmities: Mary, called Mag'dalene, from whom seven demons had gone out, and Jo-an'na, the wife of Chu'za, Herod's steward, and Susanna, and many others, who provided for them out of their means.



## WEEK 3: FORGIVENESS AND MY CHILDREN

# SEPTEMBER 18, 2021

## THOUGHTS FROM THE CHURCH

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“You can’t go to heaven hating somebody, forgive now. Be compassionate now. Be grateful now. Love Jesus and Mary now. Accept God’s will now.”

— **Mother Angelica**



## GOSPEL

LK 8:4-15

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And when a great crowd came together and people from town after town came to him, he said in a parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” As he said this, he called out, “He who has ears to hear, let him hear.” And when his disciples asked him what this parable meant, he said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.



## WEEK 3: FORGIVENESS AND MY CHILDREN

# SEPTEMBER 19, 2021

## THOUGHTS FROM THE CHURCH

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“When we teach our children to be good, to be gentle, to be forgiving (all these are attributes of God), to be generous, to love their fellow men, to regard this present age as nothing, we instill virtue in their souls and reveal the image of God within them.”

— **St. John Chrysostom**



## GOSPEL

MK 9:30-37

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They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.” But they did not understand the saying, and they were afraid to ask him. And they came to Caper'na-um; and when he was in the house he asked them, “What were you discussing on the way?” But they were silent; for on the way they had discussed with one another who was the greatest. And he sat down and called the twelve; and he said to them, “If any one would be first, he must be last of all and servant of all.” And he took a child, and put him in the midst of them; and taking him in his arms, he said to them, “Whoever receives one such child in my name receives me; and whoever receives me, receives not me but him who sent me.”



WEEK 3: FORGIVENESS AND MY CHILDREN  
**SEPTEMBER 20, 2021**

## THOUGHTS FROM THE CHURCH

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“Peter replied, ‘Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of our sins. And you will receive the gift of the Holy Spirit.’”

— Acts 2:38



SAY THE OUR FATHER

## GOSPEL

LK 8:16-18

MEMORIAL OF SAINTS ANDREW KIM TAE-GŎN, PRIEST, AND PAUL CHŎNG HA-SANG, AND COMPANIONS, MARTYRS

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“No one after lighting a lamp covers it with a vessel, or puts it under a bed, but puts it on a stand, that those who enter may see the light. For nothing is hid that shall not be made manifest, nor anything secret that shall not be known and come to light. Take heed then how you hear; for to him who has will more be given, and from him who has not, even what he thinks that he has will be taken away.”



## WEEK 3: FORGIVENESS AND MY CHILDREN

# SEPTEMBER 21, 2021

## THOUGHTS FROM THE CHURCH

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“For there are three ways of performing an act of mercy: the merciful word, by forgiving and by comforting; secondly, if you can offer no word, then pray - that too is mercy; and thirdly, deeds of mercy. And when the Last Day comes, we shall be judged from this, and on this basis we shall receive the eternal verdict.”

— St. Faustina Kowalska



## GOSPEL

MT 9:9-13 FEAST OF SAINT MATTHEW, APOSTLE AND EVANGELIST

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As Jesus passed on from there, he saw a man called Matthew sitting at the tax office; and he said to him, “Follow me.” And he rose and followed him. And as he sat at table in the house, behold, many tax collectors and sinners came and sat down with Jesus and his disciples. And when the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?” But when he heard it, he said, “Those who are well have no need of a physician, but those who are sick. Go and learn what this means, ‘I desire mercy, and not sacrifice.’ For I came not to call the righteous, but sinners.”



**WEEK 4 REFLECTION:**

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**FORGIVENESS AND  
MY NEIGHBOR**

If you haven't noticed, the world seems to be full of hate and intolerance today. Many people don't have the time or patience for other people, especially other people who may have made mistakes. Kindness and mercy seem to be a lost art these days. It doesn't have to stay that way, though. You can be the spark for change. You can be an example of mercy and forgiveness.

Where so many are quick to judge others, you can be the voice of mercy. The way you treat people matters and makes an impression on the lives of those around you. Just look at the way Jesus treated the woman caught in adultery. Everyone around her was watching as she was dragged through the streets to be stoned. The crowd was in a rage because of her sins. How quickly had they all forgotten about their own sin. I think that is an important thing to think about. Jesus brings this to light in this interaction with the crowd and the woman. The Pharisees see this scene as an opportunity to trap Jesus. They quote the law to Him and ask Him what His opinion is on whether they should stone her or not. Jesus responds, "Let the one among you who is without sin be the first to throw a stone at her." Immediately, they all dropped their stones and went away. Jesus made them realize the hypocrisy of their actions. He made an impact on that crowd by choosing to show mercy and forgiveness.

So often we want total and complete forgiveness from God and others for things we have done, but we are not so quick to extend that same forgiveness to others. How easily we forget we have "all sinned and fallen short of the glory of God." (Romans 3:23) No one is perfect. We are all sinners. We need to remember that God has extended all of us an incredible amount of mercy and forgiveness. We cannot become like the servant who was forgiven his debt by his master only to choke and beat another servant that owed him money. To receive forgiveness and not extend it to others would be hypocritical.

Many of us look for ways to make a difference in the world. I receive a lot of texts and emails from many of you asking for ways you can start making a difference in your parishes and in the world. This is one of those ways. You can choose to forgive in a world that wants to cancel. You can take an inventory of all the things God has forgiven you for and extend that same mercy to someone where others have not. The only way we change the world is by living contrary to it. All a person may need to change their life is a little mercy and forgiveness. I can speak from experience. My wife and others extended it to me, and it allowed me to change from an addicted, self-centered man into a man who is trying to live his life for God and his family. Never underestimate the impact you can have on another. A great place to start making an impact is by showing people what it looks like to love and forgive unconditionally. This week let's look for opportunities with your neighbors to practice forgiveness and mercy. The opportunity to change the world with love and forgiveness awaits.

WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 22, 2021**

## THOUGHTS FROM THE CHURCH

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“The saints rejoiced at injuries and persecutions, because in forgiving them they had something to present to God when they prayed to Him.”

— St. Teresa of Avila



## GOSPEL

LK 9:1-6

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And he called the twelve together and gave them power and authority over all demons and to cure diseases, and he sent them out to preach the kingdom of God and to heal. And he said to them, “Take nothing for your journey, no staff, nor bag, nor bread, nor money; and do not have two tunics. And whatever house you enter, stay there, and from there depart. And wherever they do not receive you, when you leave that town shake off the dust from your feet as a testimony against them.” And they departed and went through the villages, preaching the gospel and healing everywhere.



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 23, 2021**

## THOUGHTS FROM THE CHURCH

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“Even if you were to commit all the sins in the world, Jesus would repeat to you:  
“Many of your sins are forgiven because you have loved much.”

— **St. Pio of Pietrelcina**

 **SAY THE OUR FATHER**

## GOSPEL

**LK 9:7-9** MEMORIAL OF SAINT PIO OF PIETRELCINA, PRIEST

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Now Herod the tetrarch heard of all that was done, and he was perplexed, because it was said by some that John had been raised from the dead, by some that Eli'jah had appeared, and by others that one of the old prophets had risen. Herod said, “John I beheaded; but who is this about whom I hear such things?” And he sought to see him.



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 24, 2021**

## THOUGHTS FROM THE CHURCH

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“To withhold forgiveness is to take poison and expect the unforgiven to die.”

— **St. Augustine of Hippo**



## GOSPEL

LK 9:18-22

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Now it happened that as he was praying alone the disciples were with him; and he asked them, “Who do the people say that I am?” And they answered, “John the Baptist; but others say, Eli’jah; and others, that one of the old prophets has risen.” And he said to them, “But who do you say that I am?” And Peter answered, “The Christ of God.” But he charged and commanded them to tell this to no one, saying, “The Son of man must suffer many things, and be rejected by the elders and chief priests and scribes, and be killed, and on the third day be raised.”



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 25, 2021**

## THOUGHTS FROM THE CHURCH

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“Force yourself, if necessary, always to forgive those who offend you, from the very first moment. For the greatest injury or offense you can suffer from them is nothing compared to what God has forgiven you.”

— **St. Josemaria Escriva**

 **SAY THE OUR FATHER**

## GOSPEL

**LK 9:43B-45**

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And all were astonished at the majesty of God. But while they were all marveling at everything he did, he said to his disciples, “Let these words sink into your ears; for the Son of man is to be delivered into the hands of men.” But they did not understand this saying, and it was concealed from them, that they should not perceive it; and they were afraid to ask him about this saying.



## WEEK 4: FORGIVENESS AND MY NEIGHBOR

# SEPTEMBER 26, 2021

## THOUGHTS FROM THE CHURCH

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“Avoid slander because it is difficult to retract. Avoid offending anyone for to ask forgiveness is not delightful.”

— **St. John Cantius**



## GOSPEL

MK 9:38-43, 45, 47-48

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John said to him, “Teacher, we saw a man casting out demons in your name, and we forbade him, because he was not following us.” But Jesus said, “Do not forbid him; for no one who does a mighty work in my name will be able soon after to speak evil of me. For he that is not against us is for us. For truly, I say to you, whoever gives you a cup of water to drink because you bear the name of Christ, will by no means lose his reward. “Whoever causes one of these little ones who believe in me to sin, it would be better for him if a great millstone were hung round his neck and he were thrown into the sea. And if your hand causes you to sin, cut it off; it is better for you to enter life maimed than with two hands to go to hell, to the unquenchable fire. And if your foot causes you to sin, cut it off; it is better for you to enter life lame than with two feet to be thrown into hell. And if your eye causes you to sin, pluck it out; it is better for you to enter the kingdom of God with one eye than with two eyes to be thrown into hell where their worm does not die, and the fire is not quenched.



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 27, 2021**

## THOUGHTS FROM THE CHURCH

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“The Church teaches us that mercy belongs to God. Let us implore Him to bestow on us the spirit of mercy and compassion, so that we are filled with it and may never lose it. Only consider how much we ourselves are in need of mercy.”

— **St. Vincent de Paul**



## GOSPEL

**LK 9:46-50** MEMORIAL OF SAINT VINCENT DE PAUL, PRIEST

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And an argument arose among them as to which of them was the greatest. But when Jesus perceived the thought of their hearts, he took a child and put him by his side, and said to them, “Whoever receives this child in my name receives me, and whoever receives me receives him who sent me; for he who is least among you all is the one who is great.” John answered, “Master, we saw a man casting out demons in your name, and we forbade him, because he does not follow with us.” But Jesus said to him, “Do not forbid him; for he that is not against you is for you.”



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 28, 2021**

## THOUGHTS FROM THE CHURCH

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“The forgiveness of insults is a sign of true love, free from hypocrisy. For thus the Lord also loved this world.”

— **St. Mark the Ascetic**



## GOSPEL

LK 9:51-56

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When the days drew near for him to be received up, he set his face to go to Jerusalem. And he sent messengers ahead of him, who went and entered a village of the Samaritans, to make ready for him; but the people would not receive him, because his face was set toward Jerusalem. And when his disciples James and John saw it, they said, “Lord, do you want us to bid fire come down from heaven and consume them?” But he turned and rebuked them. And they went on to another village.



WEEK 4: FORGIVENESS AND MY NEIGHBOR  
**SEPTEMBER 29, 2021**

## THOUGHTS FROM THE CHURCH

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“Nothing so likens you to God, as to forgive him who has injured you.”

— **St. Thomas Aquinas**



## GOSPEL

JN 1:47-51

FEAST OF SAINTS MICHAEL, GABRIEL, AND RAPHAEL, ARCHANGELS

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Jesus saw Nathan'a-el coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathan'a-el said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathan'a-el answered him, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”



## WEEK 4: FORGIVENESS AND MY NEIGHBOR

# SEPTEMBER 30, 2021

## THOUGHTS FROM THE CHURCH

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“We all need to be forgiven by others, so we must all be ready to forgive.”

— St. John Paul II



## GOSPEL

LK 10:1-12 MEMORIAL OF SAINT JEROME, PRIEST AND DOCTOR OF THE CHURCH

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After this the Lord appointed seventy others, and sent them on ahead of him, two by two, into every town and place where he himself was about to come. And he said to them, “The harvest is plentiful, but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his harvest. Go your way; behold, I send you out as lambs in the midst of wolves. Carry no purse, no bag, no sandals; and salute no one on the road. Whatever house you enter, first say, ‘Peace be to this house!’ And if a son of peace is there, your peace shall rest upon him; but if not, it shall return to you. And remain in the same house, eating and drinking what they provide, for the laborer deserves his wages; do not go from house to house. Whenever you enter a town and they receive you, eat what is set before you; heal the sick in it and say to them, ‘The kingdom of God has come near to you.’ But whenever you enter a town and they do not receive you, go into its streets and say, ‘Even the dust of your town that clings to our feet, we wipe off against you; nevertheless know this, that the kingdom of God has come near.’ I tell you, it shall be more tolerable on that day for Sodom than for that town.



# LITANY OF HUMILITY

O Jesus! meek and humble of heart,  
**Hear me.**

From the desire of being esteemed,  
**Deliver me, Jesus.**

From the desire of being loved,  
**Deliver me, Jesus.**

From the desire of being extolled,  
**Deliver me, Jesus.**

From the desire of being honored ,  
**Deliver me, Jesus.**

From the desire of being praised,  
**Deliver me, Jesus.**

From the desire of being preferred  
to others,  
**Deliver me, Jesus.**

From the desire of being consulted,  
**Deliver me, Jesus.**

From the desire of being approved,  
**Deliver me, Jesus.**

From the fear of being humiliated,  
**Deliver me, Jesus.**

From the fear of being despised,  
**Deliver me, Jesus.**

From the fear of suffering rebukes,  
**Deliver me, Jesus.**

From the fear of being calumniated,  
**Deliver me, Jesus.**

From the fear of being forgotten,  
**Deliver me, Jesus.**

From the fear of being ridiculed,  
**Deliver me, Jesus.**

From the fear of being wronged,  
**Deliver me, Jesus.**

From the fear of being suspected,  
**Deliver me, Jesus.**

That others may be loved more than I,  
**Jesus, grant me the grace to desire it.**

That others may be esteemed more than I,  
**Jesus, grant me the grace to desire it.**

That, in the opinion of the world, others  
may increase and I may decrease,  
**Jesus, grant me the grace to desire it.**

That others may be chosen and I set aside,  
**Jesus, grant me the grace to desire it.**

That others may be praised and  
I unnoticed,

**Jesus, grant me the grace to desire it.**

That others may be preferred to me  
in everything,

**Jesus, grant me the grace to desire it.**

That others may become holier than I,  
provided that I may become as holy as  
I should,

**Jesus, grant me the grace to desire it.**

# THE LITANY OF TRUST

From the belief that I have to earn  
Your love,

**Deliver me, Jesus.**

From the fear that I am unlovable,

**Deliver me, Jesus.**

From the false security that I have what  
it takes,

**Deliver me, Jesus.**

From the fear that trusting You will leave  
me more destitute,

**Deliver me, Jesus.**

From all suspicion of Your words  
and promises,

**Deliver me, Jesus.**

From the rebellion against childlike  
dependency on You,

**Deliver me, Jesus.**

From refusals and reluctances in  
accepting Your will,

**Deliver me, Jesus.**

From anxiety about the future,

**Deliver me, Jesus.**

From resentment or excessive  
preoccupation with the past,

**Deliver me, Jesus.**

From restless self-seeking  
in the present moment,

**Deliver me, Jesus.**

From disbelief in Your love and presence,

**Deliver me, Jesus.**

From the fear of being asked to give  
more than I have,

**Deliver me, Jesus.**

From the belief that my life has no  
meaning or worth,

**Deliver me, Jesus.**

From the fear of what love demands,

**Deliver me, Jesus.**

From discouragement,

**Deliver me, Jesus.**

That You are continually holding me  
sustaining me, loving me,

**Jesus, I trust in you.**

That Your love goes deeper than my sins  
and failings, and transforms me,

**Jesus, I trust in you.**

That not knowing what tomorrow brings is  
an invitation to lean on You,

**Jesus, I trust in you.**

That you are with me in my suffering,

**Jesus, I trust in you.**

That my suffering, united to Your own, will  
bear fruit in this life and the next,

**Jesus, I trust in you.**

That You will not leave me orphan, that You  
are present in Your Church,

**Jesus, I trust in you.**

That Your plan is better than anything else,

**Jesus, I trust in you.**

That You always hear me and in Your  
goodness always respond to me,

**Jesus, I trust in you.**

That You give me the grace to accept  
forgiveness and to forgive others,

**Jesus, I trust in you.**

That You give me all the strength I need for  
what is asked,

**Jesus, I trust in you.**

That my life is a gift,

**Jesus, I trust in you.**

That You will teach me to trust You,

**Jesus, I trust in you.**

That You are my Lord and my God,

**Jesus, I trust in you.**

That I am Your beloved one,

**Jesus, I trust in you.**

# PRAYER TO SAINT JOSEPH

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

A photograph of two men sitting at a wooden table in a cafe or restaurant. The man on the left is wearing a blue plaid shirt and holding a red mug. The man on the right is wearing a light blue sweater and gesturing with his hands while talking. In the background, there are other people and a sign that says "LOCAL".

## DON'T LET SEXUAL SIN HOLD BACK YOUR GROWTH

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