



**JUST A GUY IN THE PEW**  
**THE NARROW ROAD.**

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NOVEMBER 2021 | INTEGRITY

*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									
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24									
25									
26									
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30									

# THE VIRTUE OF INTEGRITY

Brothers in Christ,

If there is one thing our families, our Church, and our world need right now, it is men of integrity. It doesn't take long to see this is a virtue becoming harder to find with each passing day. As the culture pulls further and further away from Christianity, its men pull further and further away from the truth. It becomes easier to lie, steal, cheat, and manipulate others to get what you want or to "get ahead" in life. More and more men are falling prey to relativism and the lie that the truth is whatever you make it. Often, what you see is not what you get. Many men have become chameleons who are able to change who and what they propose to be in a moment's notice. I should know. I was one of them. I lacked integrity for a very long time in my own life.

Having integrity means being honest and trustworthy. It's the quality of being virtuous. It means a man has a wholeness to him. He isn't duplicitous. What you see is what you get. A man of integrity is the same man all the time, no matter the circumstances. According to C. S. Lewis, "Integrity is doing the right thing, even when no one is watching." These last few sentences describe exactly the type of men we are called to be. Jesus needs us to be these kinds of men no matter how many flaming darts the enemy and the world throw our way. The goal is to be like so many of the men who came before us. We are to be like the first disciples. Every single one of them endured persecution and trials because they refused to conform to the world. Those men and many saints after them stayed true to the person they claimed to be no matter the consequence. They didn't shy away or roll over when faced with torture, imprisonment, or even martyrdom. No, they simply did what they knew they were called to do. They were living examples of what it means to be men of integrity.

If we are to be the men Jesus calls us to be, we have to start living in the same way as those men. We must cast off our cares and fears of being ridiculed for being different. We must let go of concerns over what following Jesus may cost us. We can no longer be men who wear masks and change our behavior depending on who we are around. We have to be the same men at work, at church, at home, at the bar, and everywhere in-between. We can no longer be the guys who change personalities like most people change socks. We must be better than that.

Gentlemen, I have said it before, and I will say it again. Following Christ means we must be different. We have to trade our concern over the opinion of the world for the opinion of Christ. The way we do that is to fully give our lives to Him and never look back. We must have integrity to be the disciples we hope to be. Proverbs 10:9 tells us, "He who walks in integrity walks securely, but he who perverts his ways will be

found out.” There you have it, brothers. This month let’s put our minds to capturing the virtue of integrity. Let’s get rid of the masks and facades and become the men of integrity Jesus needs us to be.

**In Christ,  
John**



# VIRTUE PLAN FOR THE MONTH

## VIRTUE: INTEGRITY

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### MOTTO:

"The integrity of the upright guides them; the faithless are ruined by their duplicity."  
-Proverbs 11:3

### ROOT SINS:

Deceit and Duplicity

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

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

### PLAN TO FORM INTEGRITY

WEEK 1: Integrity and God

WEEK 2: Integrity and My Wife

WEEK 3: Integrity and My Children

WEEK 4: Integrity and My Neighbor

### PRAYER FOR INTEGRITY

Spirit of Truth,

Give me the strength and courage to act and speak with integrity. Help me to be honest and truthful as I carry out my roles and responsibilities. May I strive to be one who holds fast to the inner compass of conscience, thereby holding to my promises and commitments. Guide me in all my ways and let me walk each day in integrity.

**WEEK 1 REFLECTION:**

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# **INTEGRITY AND GOD**

If we are looking for an example of what it means to live the virtue of integrity as it relates to our relationship with God, we need look no further than Jesus. He gives us the perfect example of what it means to be whole. He shows us through the Gospels what it means to be the same man no matter the circumstances. He exemplifies integrity in His actions and even in His words. In John 14:31, Jesus says, "The world must know that I love the Father and that I do just as the Father has commanded me." There is no "maybe" in that statement. Jesus isn't wishy-washy about what He was here to do. He knows why He was sent to earth, and He stays true to God, to Himself, and His mission. Even in His toughest trials, Jesus never wavered from who He was and what the Father had given Him to do.

We find examples of this almost immediately in the Gospels of Matthew and Luke. Right after Jesus was baptized, He was led out in the desert by the Spirit. He fasted for forty days and forty nights and when He was hungry and at His most vulnerable, the devil showed up. The devil tempted Jesus to turn stone into bread, knowing Jesus was hungry. Jesus resisted and quoted scripture saying, "One does not live by bread alone." (Mt 4:4) In response, the devil quoted scripture to Jesus in an attempt to get Him to throw Himself from the roof of the temple. Jesus responded with "You shall not put the Lord, your God, to the test." (Lk 4:12) The devil tried to tempt Jesus a third time by offering Him the world if He would lay prostrate before him and worship him. Again, Jesus shoved scripture down the devil's throat by saying, "The Lord, your God, shall you worship and him alone shall you serve." (Lk 4:8) Finally, the devil realized Jesus would not falter so he gave up and left. Jesus had integrity, and that integrity made the devil realize he couldn't touch Him.

Jesus also shows us integrity leading up to and throughout His Passion. Jesus is God. He knew everything that was going to happen to Him, and He marched right towards it anyway. All thirty-three years of His life, He stayed true to who He was and what He was supposed to do. Through all the hate, the denials, the ridicule, the beatings and ripping of His flesh, and the eventual excruciating pain of the crucifixion, Jesus never faltered. Now you may be thinking "Yeah, John, but Jesus is God, and I am not." You are correct in that thought. However, Jesus was also fully man and would feel everything we would feel with the knowledge of what was to come. Even in a moment of vulnerability in the garden, He still chose the Father's will over His own. He still exhibited the virtue of integrity. This means it is possible for you and I as well.

My brothers, Jesus is always the example for us. He is always the way to the Father. If we are to have integrity with God, then we must follow Jesus' example by putting the Father's will above our own, no matter the cost or how hard it may be. This is what it means to be a disciple. Like Jesus, in our trials, we must also learn to say, "The world must know that I love the Father, and I do just as the Father commands me." (Jn 14:31) Men, let's pray for the grace to live out the virtue of integrity in our relationship with God.



## THOUGHTS FROM THE CHURCH

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“The Gospel calls individual Christians to live lives of honesty, integrity, and concern for the common good... to create circles of integrity, networks of solidarity which can expand to embrace and transform society by their prophetic witness.”

— **Pope Francis**

 SAY THE INTEGRITY PRAYER

## GOSPEL

MT 5:1-12A

SOLEMNITY OF ALL SAINTS

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Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. “Blessed are those who mourn, for they shall be comforted. “Blessed are the meek, for they shall inherit the earth. “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. “Blessed are the merciful, for they shall obtain mercy. “Blessed are the pure in heart, for they shall see God. “Blessed are the peacemakers, for they shall be called sons of God. “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. “Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.



## THOUGHTS FROM THE CHURCH

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“The greatest deception, and the deepest source of unhappiness, is the illusion of finding life by excluding God, of finding freedom by excluding moral truths and personal responsibility.”

— **St. Pope John Paul II**



SAY THE INTEGRITY PRAYER

## GOSPEL

JN 6:37-40

THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (ALL SOULS)

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All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day.”



## THOUGHTS FROM THE CHURCH

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“The wise of heart will heed commandments, but a prating fool will come to ruin. He who walks in integrity walks securely, but he who perverts his ways will be found out.”

— Proverbs 10:8-9

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 14:25-33

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Now great multitudes accompanied him; and he turned and said to them, “If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple. Whoever does not bear his own cross and come after me, cannot be my disciple. For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise, when he has laid a foundation, and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build, and was not able to finish.’ Or what king, going to encounter another king in war, will not sit down first and take counsel whether he is able with ten thousand to meet him who comes against him with twenty thousand? And if not, while the other is yet a great way off, he sends an embassy and asks terms of peace. So therefore, whoever of you does not renounce all that he has cannot be my disciple.



## THOUGHTS FROM THE CHURCH

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“Be sure that you first preach by the way you live. If you do not, people will notice that you say one thing, but live otherwise, and your words will bring only cynical laughter and a derisive shake of the head.”

— **St. Charles Borromeo**

 **SAY THE INTEGRITY PRAYER**

## GOSPEL

LK 15:1-10

MEMORIAL OF SAINT CHARLES BORROMEIO, BISHOP

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Now the tax collectors and sinners were all drawing near to hear him. And the Pharisees and the scribes murmured, saying, “This man receives sinners and eats with them.” So he told them this parable: “What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost, until he finds it? And when he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and his neighbors, saying to them, ‘Rejoice with me, for I have found my sheep which was lost.’ Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. “Or what woman, having ten silver coins, if she loses one coin, does not light a lamp and sweep the house and seek diligently until she finds it? And when she has found it, she calls together her friends and neighbors, saying, ‘Rejoice with me, for I have found the coin which I had lost.’ Just so, I tell you, there is joy before the angels of God over one sinner who repents.”



## THOUGHTS FROM THE CHURCH

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“Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.”

— **Philippians 4:8**

 **SAY THE INTEGRITY PRAYER**

## GOSPEL

LK 16:1-8

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He also said to the disciples, “There was a rich man who had a steward, and charges were brought to him that this man was wasting his goods. And he called him and said to him, ‘What is this that I hear about you? Turn in the account of your stewardship, for you can no longer be steward.’ And the steward said to himself, ‘What shall I do, since my master is taking the stewardship away from me? I am not strong enough to dig, and I am ashamed to beg. I have decided what to do, so that people may receive me into their houses when I am put out of the stewardship.’ So, summoning his master’s debtors one by one, he said to the first, ‘How much do you owe my master?’ He said, ‘A hundred measures of oil.’ And he said to him, ‘Take your bill, and sit down quickly and write fifty.’ Then he said to another, ‘And how much do you owe?’ He said, ‘A hundred measures of wheat.’ He said to him, ‘Take your bill, and write eighty.’ The master commended the dishonest steward for his shrewdness; for the sons of this world are more shrewd in dealing with their own generation than the sons of light.



## THOUGHTS FROM THE CHURCH

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“Christian joy is a gift of God flowing from a good conscience.”

— **St. Philip Neri**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 16:9-15

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And I tell you, make friends for yourselves by means of unrighteous mammon, so that when it fails they may receive you into the eternal habitations. “He who is faithful in a very little is faithful also in much; and he who is dishonest in a very little is dishonest also in much. If then you have not been faithful in the unrighteous mammon, who will entrust to you the true riches? And if you have not been faithful in that which is another’s, who will give you that which is your own? No servant can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.” The Pharisees, who were lovers of money, heard all this, and they scoffed at him. But he said to them, “You are those who justify yourselves before men, but God knows your hearts; for what is exalted among men is an abomination in the sight of God.



WEEK 1: INTEGRITY AND GOD  
**OCTOBER 7, 2021**

## THOUGHTS FROM THE CHURCH

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“Be who you are and be that well, to give honor to the Master Craftsman whose handiwork you are.”

— **St. Francis de Sales**

 SAY THE INTEGRITY PRAYER

## GOSPEL

MK 12:38-44

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And in his teaching he said, “Beware of the scribes, who like to go about in long robes, and to have salutations in the market places and the best seats in the synagogues and the places of honor at feasts, who devour widows’ houses and for a pretense make long prayers. They will receive the greater condemnation.” And he sat down opposite the treasury and watched the multitude putting money into the treasury. Many rich people put in large sums. And a poor widow came, and put in two copper coins, which make a penny. And he called his disciples to him, and said to them, “Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.”





## WEEK 2 REFLECTION:

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# INTEGRITY 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.*

We all know by now that for marriage to be successful it must be built on love, selflessness, and trust. These are three key essentials we must understand if we want to have a great marriage. We must also understand that integrity is what ties these three things together. For two people to love each other, they must first trust each other. Trust is how one comes to the choice of truly opening up and sharing oneself with another. That is how love begins. The willingness to trust another comes from a belief that the other is a person of integrity. It's trusting that your spouse will be there for you no matter the situation. It's being able to believe that your spouse is who they appear to be and that there is no duplicity in them. A marriage without integrity is one that is doomed for failure.

One of the biggest reasons for failed marriages and divorce today is infidelity. Any poll or website you look up will have it listed as either number one or two of the top reasons for divorce. Infidelity is the ultimate killer of trust in a marriage. It shatters the crucial bond of honesty a marriage must have. You may be thinking right now that you don't have to worry about that because you haven't cheated on your wife. Let me ask you this though, have you ever watched porn or been impure with yourself during your marriage? Have you lustfully looked at women who aren't your wife? If you have, then you have committed the sin of adultery. I don't know that there are many of us out there who are completely without sin in this area. Jesus tells us in Matthew 5:28, "But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart." This is where we need to be men of integrity. When this situation or temptation happens, we need to remember the type of men we promised our wives we would be. We must strive to do the right thing, even when no one is looking. That is where the rubber meets the road with integrity. It's about the choices we make when we don't have an audience. It's about those moments when we choose the good even when we could get away with choosing the bad. If we want to have true integrity in our marriage, then we have to clean up this part of our lives. Our wives deserve better. If you have found yourself, or continue to find yourself in this position, then get to confession and pray about having a conversation with your wife about your struggles. Integrity is about being honest with God, yourself, and your spouse.

Our wives deserve our best. They deserve to have a husband who is trustworthy, honest, and full of integrity. They deserve to know that they have someone who will protect them, care for them, and always be the person they fell in love with. We must rid ourselves of any duplicity or area where we are not being the person we claim to be. That's what it means to work on your marriage. That is what it means to die to yourself and live for the other. That is what it means to have integrity in your marriage.



## THOUGHTS FROM THE CHURCH

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“He has showed you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

— Micah 6:8

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 17:1-6

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And he said to his disciples, “Temptations to sin are sure to come; but woe to him by whom they come! It would be better for him if a millstone were hung round his neck and he were cast into the sea, than that he should cause one of these little ones to sin. Take heed to yourselves; if your brother sins, rebuke him, and if he repents, forgive him; and if he sins against you seven times in the day, and turns to you seven times, and says, ‘I repent,’ you must forgive him.” The apostles said to the Lord, “Increase our faith!” And the Lord said, “If you had faith as a grain of mustard seed, you could say to this sycamine tree, ‘Be rooted up, and be planted in the sea,’ and it would obey you.



## THOUGHTS FROM THE CHURCH

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“Whoever knows what is right to do and fails to do it, for him it is sin.”

— James 4:17

 SAY THE INTEGRITY PRAYER

## GOSPEL

JN 2:13-22

FEAST OF THE DEDICATION OF THE LATERAN BASILICA IN ROME

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The Passover of the Jews was at hand, and Jesus went up to Jerusalem. In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers at their business. And making a whip of cords, he drove them all, with the sheep and oxen, out of the temple; and he poured out the coins of the money-changers and overturned their tables. And he told those who sold the pigeons, “Take these things away; you shall not make my Father’s house a house of trade.” His disciples remembered that it was written, “Zeal for thy house will consume me.” The Jews then said to him, “What sign have you to show us for doing this?” Jesus answered them, “Destroy this temple, and in three days I will raise it up.” The Jews then said, “It has taken forty-six years to build this temple, and will you raise it up in three days?” But he spoke of the temple of his body. When therefore he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word which Jesus had spoken.



## THOUGHTS FROM THE CHURCH

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“Christian, remember your dignity, and now that you share in God’s own nature, do not return by sin to your former base condition. Bear in mind who is your head and of whose body you are a member. Do not forget that you have been rescued from the power of darkness and brought into the light of God’s kingdom.”

— **St. Leo the Great**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 17:11-19

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

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On the way to Jerusalem he was passing along between Samar'ia and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said, “Jesus, Master, have mercy on us.” When he saw them he said to them, “Go and show yourselves to the priests.” And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus’ feet, giving him thanks. Now he was a Samaritan. Then said Jesus, “Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?” And he said to him, “Rise and go your way; your faith has made you well.”



WEEK 2: INTEGRITY AND MY WIFE  
**NOVEMBER 11, 2021**

## THOUGHTS FROM THE CHURCH

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“The things that we love tell us what we are.”

— **St. Thomas Aquinas**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 17:20-25

MEMORIAL OF SAINT MARTIN OF TOURS, BISHOP

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Being asked by the Pharisees when the kingdom of God was coming, he answered them, “The kingdom of God is not coming with signs to be observed; nor will they say, ‘Lo, here it is!’ or ‘There!’ for behold, the kingdom of God is in the midst of you.” And he said to the disciples, “The days are coming when you will desire to see one of the days of the Son of man, and you will not see it. And they will say to you, ‘Lo, there!’ or ‘Lo, here!’ Do not go, do not follow them. For as the lightning flashes and lights up the sky from one side to the other, so will the Son of man be in his day. But first he must suffer many things and be rejected by this generation.



## THOUGHTS FROM THE CHURCH

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“A man who governs his passions is master of the world. We must either command them or be enslaved to them. It is better to be the hammer than the anvil.”

— **St. Dominic**



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 17:26-37

MEMORIAL OF SAINT JOSAPHAT, BISHOP AND MARTYR

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As it was in the days of Noah, so will it be in the days of the Son of man. They ate, they drank, they married, they were given in marriage, until the day when Noah entered the ark, and the flood came and destroyed them all. Likewise as it was in the days of Lot—they ate, they drank, they bought, they sold, they planted, they built, but on the day when Lot went out from Sodom fire and sulphur rained from heaven and destroyed them all—so will it be on the day when the Son of man is revealed. On that day, let him who is on the housetop, with his goods in the house, not come down to take them away; and likewise let him who is in the field not turn back. Remember Lot’s wife. Whoever seeks to gain his life will lose it, but whoever loses his life will preserve it. I tell you, in that night there will be two in one bed; one will be taken and the other left. There will be two women grinding together; one will be taken and the other left.” And they said to him, “Where, Lord?” He said to them, “Where the body is, there the eagles will be gathered together.”



## THOUGHTS FROM THE CHURCH

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“Let me be weighed in a just balance, and let God know my integrity!”

— **Job 31:6**



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 18:1-8

MEMORIAL OF SAINT FRANCES XAVIER CABRINI, VIRGIN

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And he told them a parable, to the effect that they ought always to pray and not lose heart. He said, “In a certain city there was a judge who neither feared God nor regarded man; and there was a widow in that city who kept coming to him and saying, ‘Vindicate me against my adversary.’ For a while he refused; but afterward he said to himself, ‘Though I neither fear God nor regard man, yet because this widow bothers me, I will vindicate her, or she will wear me out by her continual coming.’” And the Lord said, “Hear what the unrighteous judge says. And will not God vindicate his elect, who cry to him day and night? Will he delay long over them? I tell you, he will vindicate them speedily. Nevertheless, when the Son of man comes, will he find faith on earth?”



## THOUGHTS FROM THE CHURCH

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“You aspire to great things? Begin with the little ones.”

— **St. Augustine of Hippo**

 SAY THE INTEGRITY PRAYER

## GOSPEL

MK 13:24-32

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“But in those days, after that tribulation, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. And then they will see the Son of man coming in clouds with great power and glory. And then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven. “From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly, I say to you, this generation will not pass away before all these things take place. Heaven and earth will pass away, but my words will not pass away. “But of that day or that hour no one knows, not even the angels in heaven, nor the Son, but only the Father.





## **WEEK 3 REFLECTION:**

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# **INTEGRITY 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.*

One of our main responsibilities as fathers is teaching our children how to be people of integrity. This is an important aspect of how we love them. We teach them how to be the best people they can be. We talk to them about right and wrong. We explain to them the relationship between choices and consequences. We share with them the importance of staying true to who they are no matter the circumstances. The bottom line is our children learn to be people of integrity because we exemplify it in our own lives.

I think this is where we get off track with our children sometimes. Far too often, we expect our kids to model a different behavior than what we model. I know growing up I heard the old phrase “do I as I say, not as I do” more often than I care to count. Thinking back on how many times I heard that from parents growing up, it makes me realize how utterly ridiculous that statement is. Think about it. Can we really expect our children to adopt different behaviors than what we model to them? If we sit around heavily drinking in front of them every night, can we expect them to never drink alcohol? If we are harsh in our words to others, can we expect them to understand the importance of kindness? If we sit at home and skip Mass, can we expect them to find Mass any more important in their lives than we do? Many times we have an unrealistic expectation of our children to act differently than we act ourselves. This is a lesson I have learned the hard way.

I can remember a morning when I received a lesson on just how important it was for me to be a man of integrity for my children. It was a Sunday morning, not long after my stint in jail and my reversion to the faith. I woke up that morning after a night of restless sleep, and I didn't feel like going to Mass. Angela had been up for a couple hours feeding the children and getting them ready for Mass at 10:30. I remember her coming back to our room and asking if I ever intended to get out of bed to get ready for church. I began to make all sorts of excuses as to why I didn't feel good and didn't want to go. Then, we found ourselves in an argument. She brought up all the time I spent reading scripture and praying and how I was always talking to the kids about how Jesus needed to be the most important thing in their lives. I remember it angering me to the point of becoming obstinate. I told her I definitely wasn't going after our argument, and she could deal with it. I pulled the covers back over me and laid there in a state of prideful satisfaction. That is when I heard my son Jacob say he didn't want to go to church. I heard Angela tell him that he was going, and that God was the most important thing in his life. Jacob responded with something that sticks in my head even to this day. He said, “Mom, why do I have to go to church if daddy doesn't have to go? I want to skip church with him.” That morning I realized how much influence I had over my children and who they will choose to become. They saw me everyday reading scripture, praying, and talking about Jesus. That morning Jacob saw me living differently than I had exemplified to him all those other times. This is why it is so important to always be the fathers we claim to be.

If we want our children to grow up understanding the virtue of integrity, we must demonstrate how to live a life of integrity. Our actions have to match our words. We have to be willing to do whatever it takes to be the same men no matter what. It doesn't matter whether your kids are small or if they are grown. Children never stop looking to their parents as an example. Let's pray this week that the example they find waiting for them is a man of integrity.

## WEEK 3: INTEGRITY AND MY CHILDREN

# NOVEMBER 15, 2021

## THOUGHTS FROM THE CHURCH

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“The family remains the basic unit of society and the first school in which children learn the human, spiritual and moral values which enable them to be a beacon of goodness, integrity and justice in our communities.”

— Pope Francis

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 18:35-43

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As he drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, “Jesus of Nazareth is passing by.” And he cried, “Jesus, Son of David, have mercy on me!” And those who were in front rebuked him, telling him to be silent; but he cried out all the more, “Son of David, have mercy on me!” And Jesus stopped, and commanded him to be brought to him; and when he came near, he asked him, “What do you want me to do for you?” He said, “Lord, let me receive my sight.” And Jesus said to him, “Receive your sight; your faith has made you well.” And immediately he received his sight and followed him, glorifying God; and all the people, when they saw it, gave praise to God.



WEEK 3: INTEGRITY AND MY CHILDREN  
**NOVEMBER 16, 2021**

## THOUGHTS FROM THE CHURCH

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“See, my children, a person who is in a state of sin is always sad. Whatever he does, he is weary and disgusted with everything; while he who is at peace with God is always happy, always joyous...Oh, beautiful life! Oh, beautiful death!”

— **St. Philip Neri**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 19:1-10

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He entered Jericho and was passing through. And there was a man named Zacchae'us; he was a chief tax collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he looked up and said to him, “Zacchae'us, make haste and come down; for I must stay at your house today.” So he made haste and came down, and received him joyfully. And when they saw it they all murmured, “He has gone in to be the guest of a man who is a sinner.” And Zacchae'us stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold.” And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost.”



## WEEK 3: INTEGRITY AND MY CHILDREN

# NOVEMBER 17, 2021

## THOUGHTS FROM THE CHURCH

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“The way you live your life will be affecting people for generations to come until the end of time. What story are you telling with your life?”

— Matthew Kelly



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 19:11-28

MEMORIAL OF SAINT ELIZABETH OF HUNGARY, RELIGIOUS

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As they heard these things, he proceeded to tell a parable, because he was near to Jerusalem, and because they supposed that the kingdom of God was to appear immediately. He said therefore, “A nobleman went into a far country to receive a kingdom and then return. Calling ten of his servants, he gave them ten pounds, and said to them, ‘Trade with these till I come.’ But his citizens hated him and sent an embassy after him, saying, ‘We do not want this man to reign over us.’ When he returned, having received the kingdom, he commanded these servants, to whom he had given the money, to be called to him, that he might know what they had gained by trading. The first came before him, saying, ‘Lord, your pound has made ten pounds more.’ And he said to him, ‘Well done, good servant! Because you have been faithful in a very little, you shall have authority over ten cities.’ And the second came, saying, ‘Lord, your pound has made five pounds.’ And he said to him, ‘And you are to be over five cities.’ Then another came, saying, ‘Lord, here is your pound, which I kept laid away in a napkin; for I was afraid of you, because you are a severe man; you take up what you did not lay down, and reap what you did not sow.’ He said to him, ‘I will condemn you out of your own mouth, you wicked servant! You knew that I was a severe man, taking up what I did not lay down and reaping what I did not sow? Why then did you not put my money into the bank, and at my coming I should have collected it with interest?’ And he said to those who stood by, ‘Take the pound from him, and give it to him who has the ten pounds.’ (And they said to him, ‘Lord, he has ten pounds!’) ‘I tell you, that to every one who has will more be given; but from him who has not, even what he has will be taken away. But as for these enemies of mine, who did not want me to reign over them, bring them here and slay them before me.’”



## THOUGHTS FROM THE CHURCH

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“Integrity is doing the right thing, even when no one is watching.”

— C.S. Lewis



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 19:41-44

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And when he drew near and saw the city he wept over it, saying, “Would that even today you knew the things that make for peace! But now they are hid from your eyes. For the days shall come upon you, when your enemies will cast up a bank about you and surround you, and hem you in on every side, and dash you to the ground, you and your children within you, and they will not leave one stone upon another in you; because you did not know the time of your visitation.”



WEEK 3: INTEGRITY AND MY CHILDREN  
**NOVEMBER 19, 2021**

## THOUGHTS FROM THE CHURCH

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“Show yourself in all respects a model of good deeds, and in your teaching show integrity, gravity, and sound speech that cannot be censured, so that an opponent may be put to shame, having nothing evil to say of us.”

— Titus 2:7-8



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 19:45-48

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And he entered the temple and began to drive out those who sold, saying to them, “It is written, ‘My house shall be a house of prayer’; but you have made it a den of robbers.” And he was teaching daily in the temple. The chief priests and the scribes and the principal men of the people sought to destroy him; but they did not find anything they could do, for all the people hung upon his words.



## WEEK 3: INTEGRITY AND MY CHILDREN

# NOVEMBER 20, 2021

## THOUGHTS FROM THE CHURCH

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"It is useless for a man to flaunt his knowledge of the law if he undermines its teaching by his actions."

— **St. Anthony of Padua**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 20:27-40

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There came to him some Sadducees, those who say that there is no resurrection, and they asked him a question, saying, "Teacher, Moses wrote for us that if a man's brother dies, having a wife but no children, the man must take the wife and raise up children for his brother. Now there were seven brothers; the first took a wife, and died without children; and the second and the third took her, and likewise all seven left no children and died. Afterward the woman also died. In the resurrection, therefore, whose wife will the woman be? For the seven had her as wife." And Jesus said to them, "The sons of this age marry and are given in marriage; but those who are accounted worthy to attain to that age and to the resurrection from the dead neither marry nor are given in marriage, for they cannot die any more, because they are equal to angels and are sons of God, being sons of the resurrection. But that the dead are raised, even Moses showed, in the passage about the bush, where he calls the Lord the God of Abraham and the God of Isaac and the God of Jacob. Now he is not God of the dead, but of the living; for all live to him." And some of the scribes answered, "Teacher, you have spoken well." For they no longer dared to ask him any question.



WEEK 3: INTEGRITY AND MY CHILDREN  
**NOVEMBER 21, 2021**

## THOUGHTS FROM THE CHURCH

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"Is not your fear of God your confidence, and the integrity of your ways your hope?"

— Job 4:6

 SAY THE INTEGRITY PRAYER

## GOSPEL

JN 18:33B-37

THE SOLEMNITY OF OUR LORD JESUS CHRIST, KING OF THE UNIVERSE

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Pilate entered the praetorium again and called Jesus, and said to him, "Are you the King of the Jews?" Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" Pilate answered, "Am I a Jew? Your own nation and the chief priests have handed you over to me; what have you done?" Jesus answered, "My kingship is not of this world; if my kingship were of this world, my servants would fight, that I might not be handed over to the Jews; but my kingship is not from the world." Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I have come into the world, to bear witness to the truth. Everyone who is of the truth hears my voice."





**WEEK 4 REFLECTION:**

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**INTEGRITY AND  
MY NEIGHBOR**

I believe we all can agree that the world around us could use a remedial course on the importance of integrity. It seems like more and more people are out for themselves, and they make no bones about it. Our world is filled with politicians and leaders who will lie, cheat, steal, and step on whoever gets in their way on their never-ending quest to reach the top. Honesty and integrity have become things of the past, and that's why so many people today are suspicious of others and find it so hard to trust them. It's become a dog-eat-dog world out there where people will do whatever it takes to get ahead. Brothers, it doesn't have to be that way. As Christians it is our responsibility to show the world there is another way.

Like everything else, living a life of integrity is a choice, and it's one we can make multiple times a day. Just like any other choice there are rewards and consequences. We see this multiple times in the scriptures. One of the main examples I can think of is Judas. Here he was chosen by Jesus Himself, and he spent his days alongside the Lord. Judas claimed to love Jesus. He claimed to follow Him. The whole time he was portraying himself as a disciple, he was stealing from the money the apostles had been given. Then, he eventually made a choice that damned him for all eternity. He betrayed our Lord for thirty pieces of silver. In the end, Judas wasn't who he portrayed himself to be, and there were consequences for his actions. On the other hand, you have John the beloved. John gave his heart to Jesus and followed Him all the way to the cross. When all the other apostles ran, John took care of Mary and stayed as close to Christ as he could get. He wasn't worried about what might happen to him. He was only worried about what was happening to Jesus, the person he loved more than anyone else in the world. John was a man of integrity. He didn't change who he was when things got hard. He didn't choose to save his own skin. He stayed true to the man Christ knew him to be.

If we are going to make a difference in the world, then this is the time to become the men Christ needs us to be. We need to actively make the harder choice each day to be the men who we say we are. In a world full of lies, deceit, and selfishness, we need to be men of integrity. We need to be the men we say we are no matter the consequence or difficulty. This is how we show ourselves to be different. This is how we become the salt of the earth and the light to the world. When we truly rise up to be the men of integrity God calls us to be, others will follow. Others will want to emulate what they see. This is how we affect change in the world and in our neighborhoods. We need to stand up and stand out by being who we claim to be in all situations. My brothers, let's pray this week to be men like St. John. Let's pray to have the courage to be men of great integrity. Jesus is counting on us. Let's be the men He knows we can be.



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 22, 2021**

## THOUGHTS FROM THE CHURCH

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“Better is a poor man who walks in his integrity than a rich man who is perverse in his ways.”

— **Proverbs 28:6**



SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:1-4

MEMORIAL OF SAINT CECILIA, VIRGIN AND MARTYR

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He looked up and saw the rich putting their gifts into the treasury; and he saw a poor widow put in two copper coins. And he said, “Truly I tell you, this poor widow has put in more than all of them; for they all contributed out of their abundance, but she out of her poverty put in all the living that she had.”



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 23, 2021**

## THOUGHTS FROM THE CHURCH

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“Anyone who wants to be an example to others, must first examine himself.”

— St. Ephrem

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:5-11

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And as some spoke of the temple, how it was adorned with noble stones and offerings, he said, “As for these things which you see, the days will come when there shall not be left here one stone upon another that will not be thrown down.” And they asked him, “Teacher, when will this be, and what will be the sign when this is about to take place?” And he said, “Take heed that you are not led astray; for many will come in my name, saying, ‘I am he!’ and, ‘The time is at hand!’ Do not go after them. And when you hear of wars and tumults, do not be terrified; for this must first take place, but the end will not be at once.” Then he said to them, “Nation will rise against nation, and kingdom against kingdom; there will be great earthquakes, and in various places famines and pestilences; and there will be terrors and great signs from heaven.



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 24, 2021**

## THOUGHTS FROM THE CHURCH

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“You cannot be half a saint; you must be a whole saint or no saint at all.”

— **St. Therese of Lisieux**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:12-19

MEMORIAL OF SAINT ANDREW DÜNG-LẠC, PRIEST, AND COMPANIONS, MARTYRS

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But before all this they will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my name's sake. This will be a time for you to bear testimony. Settle it therefore in your minds, not to meditate beforehand how to answer; for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. You will be delivered up even by parents and brothers and kinsmen and friends, and some of you they will put to death; you will be hated by all for my name's sake. But not a hair of your head will perish. By your endurance you will gain your lives.



## WEEK 4: INTEGRITY AND MY NEIGHBOR

# NOVEMBER 25, 2021

## THOUGHTS FROM THE CHURCH

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“It is now, more than ever, necessary that political leaders be outstanding for honesty, integrity and commitment to the common good.”

— Pope Francis

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:20-28

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“But when you see Jerusalem surrounded by armies, then know that its desolation has come near. Then let those who are in Judea flee to the mountains, and let those who are inside the city depart, and let not those who are out in the country enter it; for these are days of vengeance, to fulfil all that is written. Alas for those who are with child and for those who give suck in those days! For great distress shall be upon the earth and wrath upon this people; they will fall by the edge of the sword, and be led captive among all nations; and Jerusalem will be trodden down by the Gentiles, until the times of the Gentiles are fulfilled. “And there will be signs in sun and moon and stars, and upon the earth distress of nations in perplexity at the roaring of the sea and the waves, men fainting with fear and with foreboding of what is coming on the world; for the powers of the heavens will be shaken. And then they will see the Son of man coming in a cloud with power and great glory. Now when these things begin to take place, look up and raise your heads, because your redemption is drawing near.”



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 26, 2021**

## THOUGHTS FROM THE CHURCH

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“Actions speak louder than words; let your words teach and your actions speak.”

— **St. Anthony of Padua**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:29-33

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And he told them a parable: “Look at the fig tree, and all the trees; as soon as they come out in leaf, you see for yourselves and know that the summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly, I say to you, this generation will not pass away till all has taken place. Heaven and earth will pass away, but my words will not pass away.



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 27, 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. Pope John Paul II**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:34-36

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“But take heed to yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a snare; for it will come upon all who dwell upon the face of the whole earth. But watch at all times, praying that you may have strength to escape all these things that will take place, and to stand before the Son of man.”



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 28, 2021**

## THOUGHTS FROM THE CHURCH

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“And as you wish that men would do to you, do so to them.”

— **Luke 6:31**

 SAY THE INTEGRITY PRAYER

## GOSPEL

LK 21:25-28, 34-36

FIRST SUNDAY OF ADVENT

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“And there will be signs in sun and moon and stars, and upon the earth distress of nations in perplexity at the roaring of the sea and the waves, men fainting with fear and with foreboding of what is coming on the world; for the powers of the heavens will be shaken. And then they will see the Son of man coming in a cloud with power and great glory. Now when these things begin to take place, look up and raise your heads, because your redemption is drawing near.”

“But take heed to yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a snare; for it will come upon all who dwell upon the face of the whole earth. But watch at all times, praying that you may have strength to escape all these things that will take place, and to stand before the Son of man.”



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 29, 2021**

## THOUGHTS FROM THE CHURCH

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“Think well. Speak well. Do well. These three things, through the mercy of God, will make a man go to Heaven.”

— **St. Camillus**



SAY THE INTEGRITY PRAYER

## GOSPEL

MT 8:5-11

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As he entered Caper'na-um, a centurion came forward to him, beseeching him and saying, “Lord, my servant is lying paralyzed at home, in terrible distress.” And he said to him, “I will come and heal him.” But the centurion answered him, “Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man 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 him, he marveled, and said to those who followed him, “Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven.



WEEK 4: INTEGRITY AND MY NEIGHBOR  
**NOVEMBER 30, 2021**

## THOUGHTS FROM THE CHURCH

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“Fly from bad companions as from the bite of a poisonous snake. If you keep good companions, I can assure you that you will one day rejoice with the blessed in Heaven; whereas if you keep with those who are bad, you will become bad yourself, and you will be in danger of losing your soul.”

— **St. John Bosco**

 SAY THE INTEGRITY PRAYER

## GOSPEL

MT 4:18-22

FEAST OF SAINT ANDREW, APOSTLE

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As he walked by the Sea of Galilee, he saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And he said to them, “Follow me, and I will make you fishers of men.” Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zeb'edee and John his brother, in the boat with Zeb'edee their father, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.



# 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.



**JUST A GUY  
IN THE PEW**