



JUST A GUY IN THE PEW
THE NARROW ROAD.
JANUARY 2022 | TEMPERANCE

*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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31									

THE VIRTUE OF TEMPERANCE

Brothers,

This month we shift our focus to the virtue of temperance. I couldn't think of a better virtue to practice in January, the month that usually brings about resolutions to make oneself better. Now, if you have any idea about what temperance means, you may have just let out a dreadful sigh. After all, most people associate temperance with total abstinence and automatically say to themselves, "Great... temperance means no fun for me anymore." However, this is not true. Temperance simply means you are governing your passions, not letting them govern you. Our world today is a far cry from a temperate place. All you have to do is look around to see people are doing whatever they want, whenever they want, and to whatever extreme they want. This is a big reason why our world is becoming more of a godless place. When we allow ourselves to be ruled by our passions, we find ourselves heading straight into vice and further and further away from God and virtue.

The Catechism tells us that temperance is one of the four cardinal virtues. This means "it plays a pivotal role in our lives and that all the other virtues are grouped around it" (CCC 1805). The Catechism also defines temperance as "the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs sensitive appetites toward what is good and maintains a healthy discretion" (CCC 1809). We have all heard the old adage "everything is better in moderation." Simply put, temperance means just that, moderation. The virtue of temperance allows us to live in the place between total abstinence and overindulgence. It permits us to use our reason to make good choices. It is the difference between enjoying a couple of beers or drinking twenty. It is the difference between eating a proportionate meal or totally gorging yourself every time you sit down. It most certainly plays a part in whether we have a handle on our sexual desires or if we let them run wild. It is what keeps us from falling face first into the sin of gluttony. It is a crucial virtue for us to understand if we are to become and stay the men God created us to be.

In order to understand the virtue of temperance, we have to understand why we need it in the first place. Before the fall, everything was perfect. Our desires and our senses were rightly ordered. Everything we felt and needed was governed by logic. Then sin entered the world, and we lost control of our desires. Suddenly, we drifted towards the pursuit of pleasure and the desires of the flesh. Everything that was once rightly ordered became disordered, and we began the never-ending journey towards excess in the pursuit of pleasure. Our desires that now run free are the reason we

find ourselves overindulging in so many things. It's like opening a huge bag of Doritos and annihilating the whole thing in one sitting. We know doing it is unhealthy and not good for us, but all we can think about is how we are feeling now. Most of the time after we have finished, we feel terrible and regret our choice. Temperance uses our willpower to allow us to enjoy pleasure in a proper and reasonable way. This is why we must work to master it.

We need to realize that passions set free to run wild are dangerous and harmful. They don't lead us to happiness and peace. They lead us to shame, regret, addiction, and vice. In the words of St Dominic, "A man who governs his passions is master of his world. We must either command them or be enslaved by them. It is better to be a hammer than an anvil." My brothers, this month, let's come to the understanding that the excess of pleasure doesn't lead us to the joy and happiness we think it does. That is a lie of the devil. Only through temperance can we find those things. The virtue of temperance helps us to become grateful and satisfied in the moderate. It helps us to find a healthy medium. As Venerable Fulton Sheen once said, "Never forget that there are only two philosophies to rule your life: the one of the cross, which starts with the fast and ends with the feast. The other of Satan, which starts with the feast and ends with the headache." Let's all pray for each other this month to temper our desires and offer the rest up to God to avoid that all too familiar headache.

VIRTUE PLAN FOR THE MONTH

VIRTUE: TEMPERANCE

MOTTO:

"For God did not give us a spirit of timidity but a spirit of power and love and self-control."

— 2 Timothy 1:7

ROOT SINS:

Gluttony, Selfishness

WHERE DO I SEE THESE SINS IN MY LIFE?

1. _____
2. _____
3. _____
4. _____

PLAN TO FORM COURAGE

WEEK 1: Temperance and God

WEEK 2: Temperance and My Wife

WEEK 3: Temperance and My Children

WEEK 4: Temperance and My Neighbor

PRAYER FOR VULNERABILITY

Temper my desires, O Lord, and turn my focus towards you. Deliver me from the tendency to go to extremes that strain both body and soul. Help me to be content with what I have instead of constantly seeking more. May I come to recognize the grace of moderation that brings both contentment and appreciation. Let temperance grow in me and lead me to discover other virtues that bring deeper union with you. In your sacred name, I pray. **Amen.**

WEEK 1 REFLECTION:

TEMPERANCE AND GOD

When you begin to think about how you are going to practice temperance with God this week, you may think it sounds a little funny. After all, why would we need to temper ourselves with God? Shouldn't we want more of Him in our life? The answer to that question is yes, we most certainly should. This week isn't about tempering ourselves with God, though. It is more about understanding His desire for us to learn and practice the virtue of temperance in our lives. When we do this, we are living a life of self-discipline, and we are making room for Him by tempering our passions and worldly desires. When we allow our passions and desires to control us, things can get messy quickly. All you have to do is flip through the Scriptures to find examples of what happens when we lose self-control.

One of the first places in Scripture where you can find an example of what happens when we lack temperance is in the book of Genesis. We find it in chapter four with the story of Cain and Abel. Cain and his brother Abel brought offerings before the Lord. Cain presented the fruit of the ground, and Abel presented the firstlings of his flock. The Bible tells us that the Lord had regard for Abel's gifts, but He did not regard Cain's gift. Cain became very angry with the Lord and God said to him, "Why are you angry, and why has your countenance fallen? If you do well will you not be accepted? And if you do not do well, sin is lurking at the door; its desire is for you but you must master it." (Gen. 4:6-7) The Lord was trying to do Cain a favor by warning him there was a danger in not mastering his emotions and his passions. Cain didn't listen. Instead, he led his brother Abel out to the field and murdered him. Cain let his anger get the better of him and fell to a temptation that led him into mortal sin. The Lord heard the voice of Abel's blood crying out from the ground and questioned Cain about it. God cursed Cain from the ground, marked him, and then Cain went away from the Lord. Oftentimes we also can "go away from the Lord" when we lose the virtue of temperance.

You can find a similar story of a lack of self-control with the brothers of Joseph. They also became angry with their brother and left him for dead in a pit. They tried to kill Joseph over a coat! This just proves how petty we can be. It shows how easy it can be for men to lose control and give in to our passions. This is what the devil's plan is for us. He doesn't want us governing our emotions or our passions. He wants them to govern us. He knows our lack of self-control leads to temptation, and we revolt against God. We turn our back on the self-discipline and moderation God calls us to. We need to learn from the mistakes of these men and look to the example of Christ.

All throughout Jesus' time on this earth, people were out to get him. First it was Herod. Then, it was the Pharisees and the Jews. People verbally abused him, called him a blasphemer, tried to attack him, and eventually killed him. In spite of it all, Jesus never allowed himself to be baited into losing self-control. Instead, he calmly went about the work of his Father. This is the example we are to follow. Disciples of Jesus are called to be mature men who can control their passions and keep all things in moderation. Temperance is all about looking temptation in the face, seeing it for what it is, and choosing not to fall for it. Temperance is the key virtue to facing the

snare of the devil in our life. We just have to put it into practice daily. The good news is we don't have to do it ourselves, "for God did not give us a spirit of timidity but a spirit of power and love and self-control." (2 Timothy 1:7)

WEEK 1: TEMPERANCE AND GOD

JANUARY 1, 2022

THOUGHTS FROM THE CHURCH

“Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will’s mastery of instincts and keeps desires within the limits of what is honorable.”

— *Catechism of the Catholic Church*, 1809



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

LK 2:16-21

THE OCTAVE DAY OF CHRISTMAS, SOLEMNITY OF THE BLESSED VIRGIN MARY,
THE MOTHER OF GOD

And they went with haste, and found Mary and Joseph, and the babe lying in a manger. And when they saw it they made known the saying which had been told them concerning this child; and all who heard it wondered at what the shepherds told them. But Mary kept all these things, pondering them in her heart. And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them. And at the end of eight days, when he was circumcised, he was called Jesus, the name given by the angel before he was conceived in the womb.

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HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 2, 2022

THOUGHTS FROM THE CHURCH

"The soul hungers for God, and nothing but God can satiate it."

— St. John Vianney

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MT 2:1-12

THE EPIPHANY OF THE LORD

Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the East came to Jerusalem, saying, "Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him." When Herod the king heard this, he was troubled, and all Jerusalem with him; and assembling all the chief priests and scribes of the people, he inquired of them where the Christ was to be born. They told him, "In Bethlehem of Judea; for so it is written by the prophet: 'And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will govern my people Israel.'" Then Herod summoned the wise men secretly and ascertained from them what time the star appeared; and he sent them to Bethlehem, saying, "Go and search diligently for the child, and when you have found him bring me word, that I too may come and worship him." When they had heard the king they went their way; and lo, the star which they had seen in the East went before them, till it came to rest over the place where the child was. When they saw the star, they rejoiced exceedingly with great joy; and going into the house they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 3, 2022

THOUGHTS FROM THE CHURCH

“Never forget that there are only two philosophies to rule your life: the one of the cross, which starts with the fast and ends with the feast. The other of Satan, which starts with the feast and ends with the headache.”

— **The Most Reverend Venerable Fulton J. Sheen**

 **SAY THE PRAYER FOR TEMPERANCE**

GOSPEL

MT 4:12-17, 23-25

Now when he heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Caper'na-um by the sea, in the territory of Zeb'ulun and Naph'tali, that what was spoken by the prophet Isaiah might be fulfilled: “The land of Zeb'ulun and the land of Naph'tali, toward the sea, across the Jordan, Galilee of the Gentiles— the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to preach, saying, “Repent, for the kingdom of heaven is at hand.”

And he went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people. So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, demoniacs, epileptics, and paralytics, and he healed them. And great crowds followed him from Galilee and the Decap'olis and Jerusalem and Judea and from beyond the Jordan.

[illegible]

HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 4, 2022

THOUGHTS FROM THE CHURCH

"We know certainly that our God calls us to a holy life. We know that he gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty."

— St. Elizabeth Ann Seton



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 6:34-44

MEMORIAL OF SAINT ELIZABETH ANN SETON, RELIGIOUS

As he went ashore he saw a great throng, and he had compassion on them, because they were like sheep without a shepherd; and he began to teach them many things. And when it grew late, his disciples came to him and said, "This is a lonely place, and the hour is now late; send them away, to go into the country and villages round about and buy themselves something to eat." But he answered them, "You give them something to eat." And they said to him, "Shall we go and buy two hundred denarii worth of bread, and give it to them to eat?" And he said to them, "How many loaves have you? Go and see." And when they had found out, they said, "Five, and two fish." Then he commanded them all to sit down by companies upon the green grass. So they sat down in groups, by hundreds and by fifties. And taking the five loaves and the two fish he looked up to heaven, and blessed, and broke the loaves, and gave them to the disciples to set before the people; and he divided the two fish among them all. And they all ate and were satisfied. And they took up twelve baskets full of broken pieces and of the fish. And those who ate the loaves were five thousand men.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 5, 2022

THOUGHTS FROM THE CHURCH

"Everyone who breathes, high and low, educated and ignorant, young and old, man and woman, has a mission, has a work. We are not sent into this world for nothing; we are not born at random; we are not here, that we may go to bed at night and get up in the morning, toil for our bread, eat and drink, laugh and joke, sin when we have a mind and reform when we are tired of sinning, rear a family and die. God sees every one of us, He creates every soul... FOR A PURPOSE."

— St. John Neumann, Bishop

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 6:45-52

MEMORIAL OF SAINT JOHN NEUMANN, BISHOP

Immediately he made his disciples get into the boat and go before him to the other side, to Beth-sa'ida, while he dismissed the crowd. And after he had taken leave of them, he went up on the mountain to pray. And when evening came, the boat was out on the sea, and he was alone on the land. And he saw that they were making headway painfully, for the wind was against them. And about the fourth watch of the night he came to them, walking on the sea. He meant to pass by them, but when they saw him walking on the sea they thought it was a ghost, and cried out; for they all saw him, and were terrified. But immediately he spoke to them and said, "Take heart, it is I; have no fear." And he got into the boat with them and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 6, 2022

THOUGHTS FROM THE CHURCH

"Here is a rule for everyday life: Do not do anything which you cannot offer to God."

— St. John Vianney



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

LK 4:14-22

And Jesus returned in the power of the Spirit into Galilee, and a report concerning him went out through all the surrounding country. And he taught in their synagogues, being glorified by all. And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah. He opened the book and found the place where it was written, "The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. And he began to say to them, "Today this scripture has been fulfilled in your hearing." And all spoke well of him, and wondered at the gracious words which proceeded out of his mouth; and they said, "Is not this Joseph's son?"

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HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

WEEK 1: TEMPERANCE AND GOD

JANUARY 7, 2022

THOUGHTS FROM THE CHURCH

“But my sin was this, that I looked for pleasure, beauty, and truth not in Him but in myself and his other creatures, and the search led me instead to pain, confusion, and error.”

— St. Augustine of Hippo

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

LK 5:12-16

While he was in one of the cities, there came a man full of leprosy; and when he saw Jesus, he fell on his face and besought him, “Lord, if you will, you can make me clean.” And he stretched out his hand, and touched him, saying, “I will; be clean.” And immediately the leprosy left him. And he charged him to tell no one; but “go and show yourself to the priest, and make an offering for your cleansing, as Moses commanded, for a proof to the people.” But so much the more the report went abroad concerning him; and great multitudes gathered to hear and to be healed of their infirmities. But he withdrew to the wilderness and prayed.

[illegible]

HOW HAVE I SHOWN MY TEMPERANCE TO GOD TODAY?

[illegible]

WEEK 2 REFLECTION:

TEMPERANCE 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.*

There is no greater place necessary for a man to practice the virtue of temperance than in his marriage. If you have been married for any length of time at all, you know that it is a constant battle to die to self and to truly serve the other. As they say, the mind is willing, but the flesh is weak. We men are in a constant struggle to temper our selfish desires and our passions. This is why it is so important for a man to learn the virtue of temperance. A solid grasp on temperance could mean the difference between an amazing marriage of self-sacrifice or a marriage full of selfishness that is headed for failure.

As I said above, one of the hardest parts of marriage is being selfless. Before I was married, I spent a number of years all by myself with plenty of money and no one to tell me what to do. I was my own man. I became accustomed to doing whatever I wanted, whenever I wanted, without having to consult with anyone. I made the mistake of thinking that this wouldn't change when I got married. I was wrong. My bachelor ways led me everywhere but temperance. In fact, this is some of the reason that I wound up almost losing my marriage to addiction and vice. Instead of learning to temper and rid myself of those vices, I chose to hide them. I wasn't willing to give up things because I was selfish and only thinking of myself. I had no real self-control when it came to what I wanted. This caused me to be a terrible husband and, quite frankly, a jerk most of the time. I always put myself ahead of Angela and anyone else in our family.

When we are not in control of our selfish desires and our passions, they will most certainly control us. This is why we need temperance. St Thomas Aquinas said, "Temperance is simply a disposition of the mind that sets bounds to the passions." When our passions are left unchecked, they can lead us down a path of destruction. Just look at some of the men in the Bible. A lack of temperance almost cost King David his favor with the Lord when he slept with Uriah's wife and then had him killed so he could marry her. He let his sexual desires run wild, and it caused him to plot the murder of a friend so he could have his wife to himself. A moment of anger caused Moses to lose entry into the promised land. Anger led Cain to kill Abel. Selfishness led Judas to trade Jesus for a sack of silver. These things are not just unique to them. How many times have we selfishly run to porn when our sexual advances have not been well received with our wives? How many times have we let our anger flow out in an argument instead of tempering our emotions and our words? How many times have we traded the one we love for our own selfish desires? There were consequences for all of those men, and there will certainly be consequences for us in our marriages if we don't learn self-control and temperance.

As husbands, we are to lead by example and die to our selfish desires and passions. If you are looking for help doing this there is no better place to turn than St. Joseph. He is a quiet, humble example of what it means to truly serve your wife. I am sure that St. Joseph had his own plans for his life with Mary before the angel Gabriel showed up. Just like that, though, plans changed. He didn't argue. He didn't say things weren't

fair. He didn't selfishly complain that his needs weren't being considered. He didn't get angry and defiant. Rather, he called on the virtue of temperance and decided to live in service of his wife and child. We are called to do the same thing. This week let's truly look at the places in our marriages and in our lives where we aren't practicing the virtue of temperance. Once we have identified these areas, let's call on St. Joseph to help us get them under control. I look forward to working on temperance with you this week, brothers. St Joseph, pray for us!

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 8, 2022

THOUGHTS FROM THE CHURCH

"Temperance is a disposition that restrains our desires for things which it is base to desire."

— St. Augustine of Hippo



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

JN 3:22-30

After this Jesus and his disciples went into the land of Judea; there he remained with them and baptized. John also was baptizing at Ae'non near Salim, because there was much water there; and people came and were baptized. For John had not yet been put in prison. Now a discussion arose between John's disciples and a Jew over purifying. And they came to John, and said to him, "Rabbi, he who was with you beyond the Jordan, to whom you bore witness, here he is, baptizing, and all are going to him." John answered, "No one can receive anything except what is given him from heaven. You yourselves bear me witness, that I said, I am not the Christ, but I have been sent before him. He who has the bride is the bridegroom; the friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice; therefore this joy of mine is now full. He must increase, but I must decrease."

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 9, 2022

THOUGHTS FROM THE CHURCH

"A man who governs his passions is master of his world. We must either command them or be enslaved by them. It is better to be a hammer than an anvil."

— St. Dominic

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

LK 3:15-16, 21-22

THE BAPTISM OF THE LORD

As the people were in expectation, and all men questioned in their hearts concerning John, whether perhaps he were the Christ, John answered them all, "I baptize you with water; but he who is mightier than I is coming, the thong of whose sandals I am not worthy to untie; he will baptize you with the Holy Spirit and with fire. Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form, as a dove, and a voice came from heaven, "Thou art my beloved Son; with thee I am well pleased."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 10, 2022

THOUGHTS FROM THE CHURCH

"When you feel the assaults of passion and anger, then is the time to be silent as Jesus was in the midst of his ignominies and sufferings."

— St. Paul of the Cross



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 1:14-20

Now after John was arrested, Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." And passing along by the Sea of Galilee, he saw Simon and Andrew the brother of Simon casting a net in the sea; for they were fishermen. And Jesus said to them, "Follow me and I will make you become fishers of men." And immediately they left their nets and followed him. And going on a little farther, he saw James the son of Zeb'edee and John his brother, who were in their boat mending the nets. And immediately he called them; and they left their father Zeb'edee in the boat with the hired servants, and followed him.

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 11, 2022

THOUGHTS FROM THE CHURCH

"Anything that does not lead you to God is a hindrance. Root it out and throw it far from you."

— St. Josemaria Escriva



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 1:21-28

And they went into Caper'na-um; and immediately on the sabbath he entered the synagogue and taught. And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. And immediately there was in their synagogue a man with an unclean spirit; and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching! With authority he commands even the unclean spirits, and they obey him." And at once his fame spread everywhere throughout all the surrounding region of Galilee.

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 12, 2022

THOUGHTS FROM THE CHURCH

“You will never enjoy the sweetness of quiet prayer unless you shut your mind to all worldly desires and temporal affairs.”

— St. Norbert of Xanten

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 1:29-39

And immediately he left the synagogue, and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay sick with a fever, and immediately they told him of her. And he came and took her by the hand and lifted her up, and the fever left her; and she served them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered together about the door. And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. And Simon and those who were with him pursued him, and they found him and said to him, “Every one is searching for you.” And he said to them, “Let us go on to the next towns, that I may preach there also; for that is why I came out.” And he went throughout all Galilee, preaching in their synagogues and casting out demons.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 13, 2022

THOUGHTS FROM THE CHURCH

"But I say, walk by the Spirit, and do not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would."

— Galatians 5:16-17

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 1:40-45

And a leper came to him beseeching him, and kneeling said to him, "If you will, you can make me clean." Moved with pity, he stretched out his hand and touched him, and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean. And he sternly charged him, and sent him away at once, and said to him, "See that you say nothing to any one; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, for a proof to the people." But he went out and began to talk freely about it, and to spread the news, so that Jesus could no longer openly enter a town, but was out in the country; and people came to him from every quarter.

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: TEMPERANCE AND MY WIFE

JANUARY 14, 2022

THOUGHTS FROM THE CHURCH

"If you don't behave as you believe, you will end by believing as you behave."

— The Most Reverend Venerable Fulton J. Sheen

SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 2:1-12

And when he returned to Caper'na-um after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic—"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 3 REFLECTION:

TEMPERANCE 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 the most trying times to be a father can be when our children disappoint us. We have all been in situations where our children have done something that astounds us and leaves us wondering “what the heck were they thinking?” In these moments, we can experience a rush of anger and disappointment. Oftentimes we let our emotions get the better of us, and we do things and say things we can’t take back. I know I have regrets of my own for words I have let fly or for punishments I have dealt out before stopping to collect myself. This is why we need to learn temperance in our relationship with our children. We need to be able to exhibit self-control. If we don’t, how can we ever expect our children to?

I am not here to judge anyone’s parenting style or their choice of punishment. I am just simply speaking from my own regrets and mistakes. There have been many times when I let my anger (usually caused by something else besides the incident at hand) get the better of me with my kids. How often I forget that I was once young and made mistakes too. The thing that is so dangerous when we don’t make the effort to temper our emotions is that our children see it. Not only can our actions hurt them in the moment, but they can also become a learned behavior for them. There have been many times when I have looked back at the way my father lost his temper with us and swore I would never be that way with my own children. Before I knew it, though, the exact words had come out of my mouth that I heard from him. The exact same style of no excuses discipline has been handed out by me. When we experience a spike in our emotions, we can forget to think about the consequences of our actions. Sure, we can always be quick to apologize, but you know as well as I do those apologies don’t erase memories. No matter what our children have done we are called to love them and to be an example for them. Whether we know it or not, how our children see us is how they are most likely going to see God. Think about that. Do we want our children seeing God as a mean, quick-to-anger disciplinarian? Do we want them to see God as someone who lets emotion control his decisions? I am pretty sure your answer would be no. God, however, is a great place to look when we are trying to learn temperance with our own children.

God made man in his own likeness. He loved us into existence. He gave Adam and Eve paradise. Despite all of that, they turned away from Him. They chose selfishness over Him. The Jews begged for their freedom from the Egyptians. As soon as God freed them, they started to complain about their situation and turned from gratitude to self-absorption. They began to worship false idols. Time and time again we have given God reasons to abandon us, to punish us, and to lose his self-control. Yet every time we disappoint Him, He meets that disappointment with love. Even after He flooded the earth, He made a covenant with Noah that he would never allow it again. Instead of allowing the multiple disappointments we have caused as his creatures to anger Him and bring Him a swift punishment, God tempers his emotions and chooses to love His children. So much so that He gave up the one thing He loved more than anything for us. God displays the virtue of temperance with His children again and again. This is how we must be with our own children. My brother, this

week take a serious look at how you are tempering yourself with your children. Be honest with yourself about the mistakes you have made and ask God to help you rectify them through the virtue of temperance.

WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 15, 2022

THOUGHTS FROM THE CHURCH

"How much discipline is enough? The answer depends on how happy you want to be and for how long you want that happiness to last."

— Matthew Kelly, *Perfectly Yourself*

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 2:13-17

He went out again beside the sea; and all the crowd gathered about him, and he taught them. And as he passed on, he saw Levi the son of Alphaeus 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 his house, many tax collectors and sinners were sitting with Jesus and his disciples; for there were many who followed him. And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, "Why does he eat with tax collectors and sinners?" And when Jesus heard it, he said to them, "Those who are well have no need of a physician, but those who are sick; I came not to call the righteous, but sinners."

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 16, 2022

THOUGHTS FROM THE CHURCH

“Occupy your minds with good thoughts, or the enemy will fill them with bad ones.”

— St. Thomas More

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

JN 2:1-11

On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine gave out, the mother of Jesus said to him, “They have no wine.” And Jesus said to her, “O woman, what have you to do with me? My hour has not yet come.” His mother said to the servants, “Do whatever he tells you.” Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, “Fill the jars with water.” And they filled them up to the brim. He said to them, “Now draw some out, and take it to the steward of the feast.” So they took it. When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom and said to him, “Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now.” This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.

[illegible][illegible]

WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 17, 2022

THOUGHTS FROM THE CHURCH

“Regard as free not those whose status makes them outwardly free, but those who are free in their character and conduct. For we should not call men truly free when they are wicked and dissolute, since they are slaves to worldly passions. Freedom and happiness of soul consist in genuine purity and detachment from transitory things.”

— **St. Anthony, Abbot**

 **SAY THE PRAYER FOR TEMPERANCE**

GOSPEL

MK 2:18-22

MEMORIAL OF SAINT ANTHONY, ABBOT

Now John’s disciples and the Pharisees were fasting; and people came and said to him, “Why do John’s disciples and the disciples of the Pharisees fast, but your disciples do not fast?” And Jesus said to them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come, when the bridegroom is taken away from them, and then they will fast in that day. No one sews a piece of unshrunk cloth on an old garment; if he does, the patch tears away from it, the new from the old, and a worse tear is made. And no one puts new wine into old wineskins; if he does, the wine will burst the skins, and the wine is lost, and so are the skins; but new wine is for fresh skins.”

[illegible]

WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 18, 2022

THOUGHTS FROM THE CHURCH

"I tell you that you have less to suffer in following the cross than in serving the world and its pleasures."

— St. John Vianney

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 2:23-28

One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. And the Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, when Abi'athar was high priest, 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 who were with him?" And he said to them, "The sabbath was made for man, not man for the sabbath; so the Son of man is lord even of the sabbath."

[illegible]

WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 19, 2022

THOUGHTS FROM THE CHURCH

"Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour."

— 1 Peter 5:8

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 3:1-6

Again he entered the synagogue, and a man was there who had a withered hand. And they watched him, to see whether he would heal him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come here." And he said to them, "Is it lawful on the sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out, and immediately held counsel with the Hero'di-ans against him, how to destroy him.

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 20, 2022

THOUGHTS FROM THE CHURCH

"Discipline is the best friend of man because it takes you to reach the deepest longings of your heart."

— St. Teresa of Calcutta

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 3:7-12

Jesus withdrew with his disciples to the sea, and a great multitude from Galilee followed; also from Judea and Jerusalem and Idume'a and from beyond the Jordan and from about Tyre and Sidon a great multitude, hearing all that he did, came to him. And he told his disciples to have a boat ready for him because of the crowd, lest they should crush him; for he had healed many, so that all who had diseases pressed upon him to touch him. And whenever the unclean spirits beheld him, they fell down before him and cried out, "You are the Son of God." And he strictly ordered them not to make him known.

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

[illegible]

WEEK 3: TEMPERANCE AND MY CHILDREN

JANUARY 21, 2022

THOUGHTS FROM THE CHURCH

"Remember that you are never alone, Christ is with you on your journey every day of your lives! He has called you and chosen you to live in the freedom of the children of God. Turn to Him in prayer and in love. Ask Him to grant you the courage and strength to live in this freedom always. Walk with Him who is 'the Way, the Truth and the Life.'"

— St. John Paul II

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 3:13-19

MEMORIAL OF SAINT AGNES, VIRGIN AND MARTYR

And he went up on the mountain, and called to him those whom he desired; and they came to him. And he appointed twelve, to be with him, and to be sent out to preach and have authority to cast out demons: Simon whom he surnamed Peter; James the son of Zeb'edee and John the brother of James, whom he surnamed Bo-aner'ges, that is, sons of thunder; Andrew, and Philip, and Bartholomew, and Matthew, and Thomas, and James the son of Alphaeus, and Thaddaeus, and Simon the Cananaean, and Judas Iscariot, who betrayed him. Then he went home.

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 4 REFLECTION:

TEMPERANCE AND MY NEIGHBOR

If there is one thing people in this world could use more than anything right now, it would be a shot of temperance with each other. It almost seems like overnight we have lost the ability to peacefully have differing opinions and thoughts about matters. Left-wing and right-wing folks are at each other's throats over issues all the time. Republicans and Democrats have made it their mission to never agree on anything. Regular everyday people are afraid to even voice their opinion due to the risk of being cancelled. The world has moved from an understanding and forgiving place to a hostile and hateful environment. It is a shame, and it's up to men like us to show people there is a different way.

Thanks to social media and other online platforms, people feel more emboldened than ever to be super opinionated and judgmental of others. It is like everyone has been given a platform from which to attack and tear each other down. Suddenly, there are telephone tough guys everywhere. We climb on our soap boxes from the safety of our homes and scream, yell, and beat others down until they either agree with us or they face cancellation for their insolence. People have no tolerance anymore for an actual conversation about issues. Instead, people are immediately ready to bury you if you don't agree with them and their outlook on life. It really has become crazy. Before, people could discuss something and peacefully agree to disagree. Nowadays, it's get on the bus or be run over by it. All of this has to do with a lack of temperance. People have forgotten how to check their emotions. We have forgotten that we can practice self-control and choose to not react to others in the way that is so common now. It is ok to just scroll up and not comment on a post you don't agree with. It is ok for someone to have a differing opinion or to disagree with you. You have the choice to not let things bother you. In order to make that choice you must be able to temper your passions and your emotions.

This is what Jesus meant when he gave us the golden rule. This is what he meant when he said love your enemies. In neither of those teachings did Jesus say you had to agree with your neighbors or your enemies. He said we have to love them. One way we can love them is through temperance. We can choose to check our anger, our displeasure, our arrogance, and our egos at the door. We can choose to love others in spite of our differences. Just think of how many people were at odds with Jesus. Think of how many people were outraged with His ways and His teachings. Never once did he react to their grumblings with hate and intolerance. Never once did he seek to cancel them. Instead, Jesus and his disciples shook the dust from their feet and kept their peace (Matt 10:13-14). They kept their cool. They simply moved on in love and charity. That is what it looks like to practice temperance. That is what it looks like to check our passions and emotions at the door.

My brothers, if we are tired of the way people are treating each other in the world then we must be different. If there is a lack of temperance between people, then we need to show people the need for it by our own example. As disciples of Jesus, it starts with us. This week let's practice temperance within our interactions with our neighbors and show our brothers and sisters there is a better way.

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 22, 2022

THOUGHTS FROM THE CHURCH

“The more a man uses moderation in his life, the more he is at peace, for he is not full of cares for many things.”

— **St. Anthony the Great**



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 3:20-21

DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN

And the crowd came together again, so that they could not even eat. And when his family heard it, they went out to seize him, for people were saying, “He is beside himself.”

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

[illegible]

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 23, 2022

THOUGHTS FROM THE CHURCH

“Complete abstinence is easier than perfect moderation.”

— St. Augustine of Hippo

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

LK 1:1-4; 4:14-21

Inasmuch as many have undertaken to compile a narrative of the things which have been accomplished among us, just as they were delivered to us by those who from the beginning were eyewitnesses and ministers of the word, it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, that you may know the truth concerning the things of which you have been informed.

And Jesus returned in the power of the Spirit into Galilee, and a report concerning him went out through all the surrounding country. And he taught in their synagogues, being glorified by all. And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah. He opened the book and found the place where it was written, “The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord.” And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. And he began to say to them, “Today this scripture has been fulfilled in your hearing.”

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HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 24, 2022

THOUGHTS FROM THE CHURCH

"Some virtues are so universally useful that we ought not only to practice them for their own sake but particularly for their usefulness in the practice of all the others. For instance, we seldom have the opportunity to practice fortitude, great generosity or greatness of soul. In the other hand, some virtues such as gentleness, temperance, honesty and humility are the sort which should characterize all of our actions."

— St. Frances de Sales

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 3:22-30

MEMORIAL OF SAINT FRANCES DE SALES, BISHOP AND DOCTOR OF THE CHURCH

And the scribes who came down from Jerusalem said, "He is possessed by Be-el'zebul, and by the prince of demons he casts out the demons." And he called them to him, and said to them in parables, "How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but is coming to an end. But no one can enter a strong man's house and plunder his goods, unless he first binds the strong man; then indeed he may plunder his house. "Truly, I say to you, all sins will be forgiven the sons of men, and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit never has forgiveness, but is guilty of an eternal sin"— for they had said, "He has an unclean spirit."

[illegible][illegible]

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 25, 2022

THOUGHTS FROM THE CHURCH

"The world offers you comfort, but you were not made for comfort. You were made for greatness."

— Pope Benedict XVI



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 16:15-18

FEAST OF THE CONVERSION OF SAINT PAUL, APOSTLE

And he said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover."

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WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 26, 2022

THOUGHTS FROM THE CHURCH

"But people who long to be rich fall into temptation and are trapped by many foolish desires and schemes that plunge them into ruin and destruction. For love of money is the root of all of evil and some having pursued its power, fall from faith and end in sorrow."

— 1 Tim 6:9-10

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 4:1-20

MEMORIAL OF SAINTS TIMOTHY AND TITUS, BISHOPS

Again he began to teach beside the sea. And a very large crowd gathered about him, so that he got into a boat and sat in it on the sea; and the whole crowd was beside the sea on the land. And he taught them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell along the path, and the birds came and devoured it. Other seed fell on rocky ground, where it had not much soil, and immediately it sprang up, since it had no depth of soil; and when the sun rose it was scorched, and since it had no root it withered away. Other seed fell among thorns and the thorns grew up and choked it, and it yielded no grain. And other seeds fell into good soil and brought forth grain, growing up and increasing and yielding thirtyfold and sixtyfold and a hundredfold." And he said, "He who has ears to hear, let him hear." And when he was alone, those who were about him with the twelve asked him concerning the parables. And he said to them, "To you has been given the secret of the kingdom of God, but for those outside everything is in parables; so that they may indeed see but not perceive, and may indeed hear but not understand; lest they should turn again, and be forgiven." And he said to them, "Do you not understand this parable? How then will you understand all the parables? The sower sows the word. And these are the ones along the path, where the word is sown; when they hear, Satan immediately comes and takes away

the word which is sown in them. And these in like manner are the ones sown upon rocky ground, who, when they hear the word, immediately receive it with joy; and they have no root in themselves, but endure for a while; then, when tribulation or persecution arises on account of the word, immediately they fall away. And others are the ones sown among thorns; they are those who hear the word, but the cares of the world, and the delight in riches, and the desire for other things, enter in and choke the word, and it proves unfruitful. But those that were sown upon the good soil are the ones who hear the word and accept it and bear fruit, thirtyfold and sixtyfold and a hundredfold.”

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 27, 2022

THOUGHTS FROM THE CHURCH

"It is not wrong to want to live better; what is wrong is a style of life which is presumed to be better when it is directed towards 'having' rather than 'being,' and which wants to have more, not in order to be more but in order to spend life in enjoyment as an end in itself."

— Pope Venerable John Paul I



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 4:21-25

And he said to them, "Is a lamp brought in to be put under a bushel, or under a bed, and not on a stand? For there is nothing hid, except to be made manifest; nor is anything secret, except to come to light. If any man has ears to hear, let him hear." And he said to them, "Take heed what you hear; the measure you give will be the measure you get, and still more will be given you. For to him who has will more be given; and from him who has not, even what he has will be taken away."

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

[illegible]

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 28, 2022

THOUGHTS FROM THE CHURCH

"Temperance is simply a disposition of the mind which sets bounds to the passions."

— St. Thomas Aquinas

 SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 4:26-34

MEMORIAL OF SAINT THOMAS AQUINAS, PRIEST AND DOCTOR OF THE CHURCH

And he said, "The kingdom of God is as if a man should scatter seed upon the ground, and should sleep and rise night and day, and the seed should sprout and grow, he knows not how. The earth produces of itself, first the blade, then the ear, then the full grain in the ear. But when the grain is ripe, at once he puts in the sickle, because the harvest has come." And he said, "With what can we compare the kingdom of God, or what parable shall we use for it? It is like a grain of mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade." With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them without a parable, but privately to his own disciples he explained everything.

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

[illegible]

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 29, 2022

THOUGHTS FROM THE CHURCH

"Let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."

— Romans 13:13-14



SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 4:35-41

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, "Teacher, do you not care if we perish?" And he awoke and rebuked the wind, and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you afraid? Have you no faith?" And they were filled with awe, and said to one another, "Who then is this, that even wind and sea obey him?"

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 30, 2022

THOUGHTS FROM THE CHURCH

"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



GOSPEL

LK 4:21-30

And he began to say to them, "Today this scripture has been fulfilled in your hearing." And all spoke well of him, and wondered at the gracious words which proceeded out of his mouth; and they said, "Is not this Joseph's son?" And he said to them, "Doubtless you will quote to me this proverb, 'Physician, heal yourself; what we have heard you did at Caper'na-um, do here also in your own country.'" And he said, "Truly, I say to you, no prophet is acceptable in his own country. But in truth, I tell you, there were many widows in Israel in the days of Eli'jah, when the heaven was shut up three years and six months, when there came a great famine over all the land; and Eli'jah was sent to none of them but only to Zar'ephath, in the land of Sidon, to a woman who was a widow. And there were many lepers in Israel in the time of the prophet Eli'sha; and none of them was cleansed, but only Na'aman the Syrian." When they heard this, all in the synagogue were filled with wrath. And they rose up and put him out of the city, and led him to the brow of the hill on which their city was built, that they might throw him down headlong. But passing through the midst of them he went away.

[illegible]

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

[illegible]

WEEK 4: TEMPERANCE AND MY NEIGHBOR

JANUARY 31, 2022

THOUGHTS FROM THE CHURCH

“Guard your eyes since they are the windows through which sin enters the soul.”

— St. John Bosco

SAY THE PRAYER FOR TEMPERANCE

GOSPEL

MK 5:1-20

MEMORIAL OF SAINT JOHN BOSCO, PRIEST

They came to the other side of the sea, to the country of the Ger'asenes. And when he had come out of the boat, there met him out of the tombs a man with an unclean spirit, who lived among the tombs; and no one could bind him any more, even with a chain; for he had often been bound with fetters and chains, but the chains he wrenched apart, and the fetters he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always crying out, and bruising himself with stones. And when he saw Jesus from afar, he ran and worshiped him; and crying out with a loud voice, he said, “What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.” For he had said to him, “Come out of the man, you unclean spirit!” And Jesus asked him, “What is your name?” He replied, “My name is Legion; for we are many.” And he begged him eagerly not to send them out of the country. Now a great herd of swine was feeding there on the hillside; and they begged him, “Send us to the swine, let us enter them.” So he gave them leave. And the unclean spirits came out, and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the sea, and were drowned in the sea. The herdsmen fled, and told it in the city and in the country. And people came to see what it was that had happened. And they came to Jesus, and saw the demoniac sitting there, clothed and in his right mind, the man who had had the legion; and they were afraid. And those who had seen it told what had happened to the demoniac and to the swine. And they began to beg Jesus to depart from their neighborhood. And as he was getting into

the boat, the man who had been possessed with demons begged him that he might be with him. But he refused, and said to him, "Go home to your friends, and tell them how much the Lord has done for you, and how he has had mercy on you." And he went away and began to proclaim in the Decap'olis how much Jesus had done for him; and all men marveled.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF TEMPERANCE

HOW HAVE I SHOWN TEMPERANCE IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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