

SAINT PATRICK | SAINT FRANCIS | SAINT BRIDGET

# REVIVE YOUR LENT

February 18 | The Battle and the Victory  
 February 25 | Beatitudes and God's Law  
 March 4 | Virtues and Blessings  
 March 11 | Christian Life and the World  
 March 18 | Reconciliation and Examination  
 March 25 | Reconciliation Service  
7:00 & 8:00 PM

**Building our Foundation  
& Enhancing our  
Spirituality through a  
weekly message and  
nightly prayer time.**

[stpatrickofhudson.org/reviveyourlent](http://stpatrickofhudson.org/reviveyourlent)




## THE BATTLE AND THE VICTORY

PRESENTER | TRICIA PIEPER



PRAYER TO SAINT MICHAEL  
THE ARCHANGEL

St. Michael the Archangel,  
defend us in battle.  
Be our defense against the wickedness  
and snares of the Devil.  
May God rebuke him, we humbly pray,  
and do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
cast into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen.



## THE FOUR SIGNS OF A DYNAMIC CATHOLIC

### Getting the Man Right

HOW ENGAGING 1% OF CATHOLICS  
COULD CHANGE THE WORLD

MATTHEW KELLY

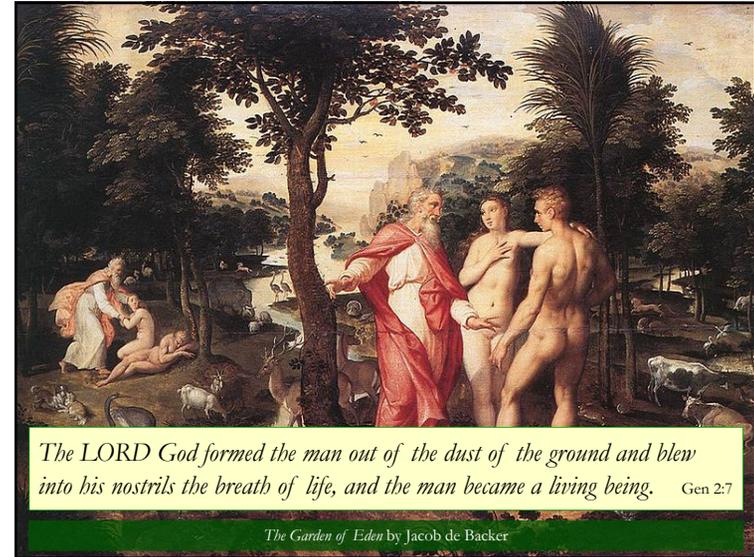




*The Fall and Expulsion  
from the Garden of Eden*  
by Michaelangelo

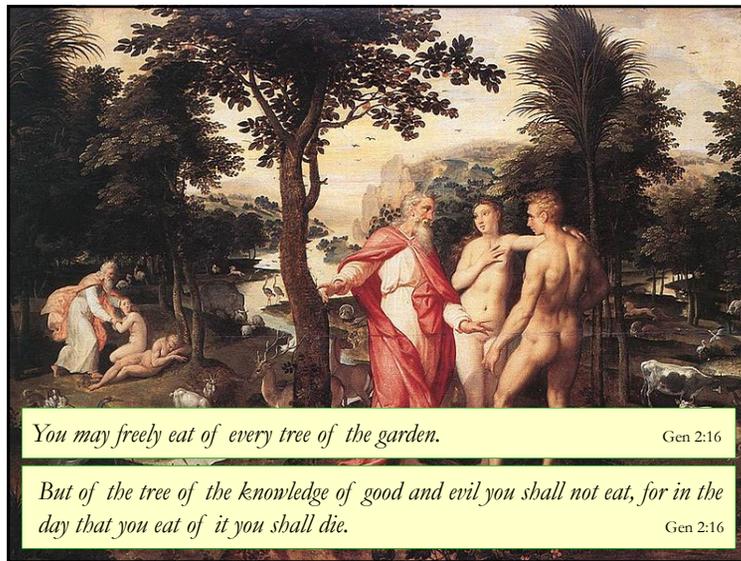
A moral action is any action that proceeds from our deliberate will. We have responsibility for such actions, all of which are either good or evil.

KEY DEFINITION



*The LORD God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being.* Gen 2:7

*The Garden of Eden* by Jacob de Backer



*You may freely eat of every tree of the garden.* Gen 2:16

*But of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.* Gen 2:16



Detail from *The Paschal Mystery* by Fra Angelico

YOUCAT 315

Sin is an offence against reason, truth, and right conscience; it is a failure in genuine love for God and neighbor. It has been defined as 'an utterance, a deed, an omission, or a desire contrary to the eternal law.'

KEY DEFINITION

## The Effects of Sin

### Disordered Concupiscence



Separation from God  
Broken intimacy between  
man and women



Broken relationship with  
our 'brothers'.



Disorder and chaos  
throughout the world.  
Wanting to be gods  
ourselves.

## Personal not Private



*The Seven Deadly Sins* by Bosch

eVANGELIUM

Although all sin is evil, not all sin is equally evil. A sin is **mortal** if all the following conditions are present.

### Grave matter

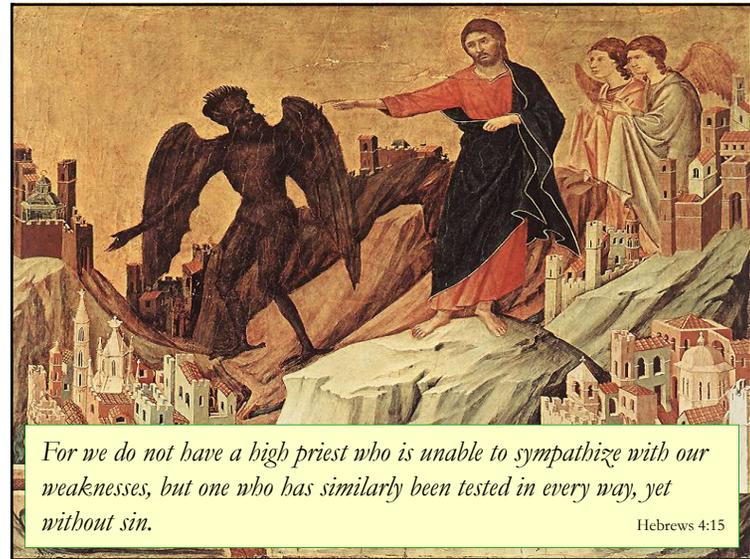
What we do, that is, our chosen course of action, is gravely wrong.

### Knowledge

We know full well, or should know, that this action is seriously evil.

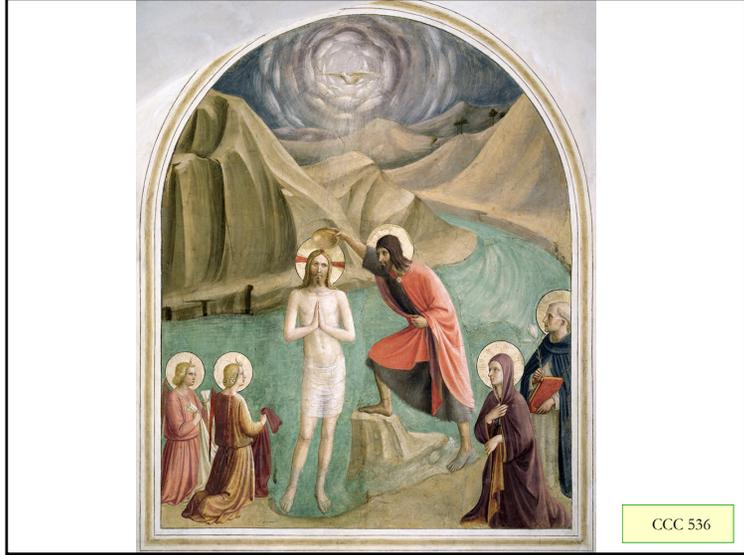
### Full consent

We freely consent to this action and could clearly have done otherwise.

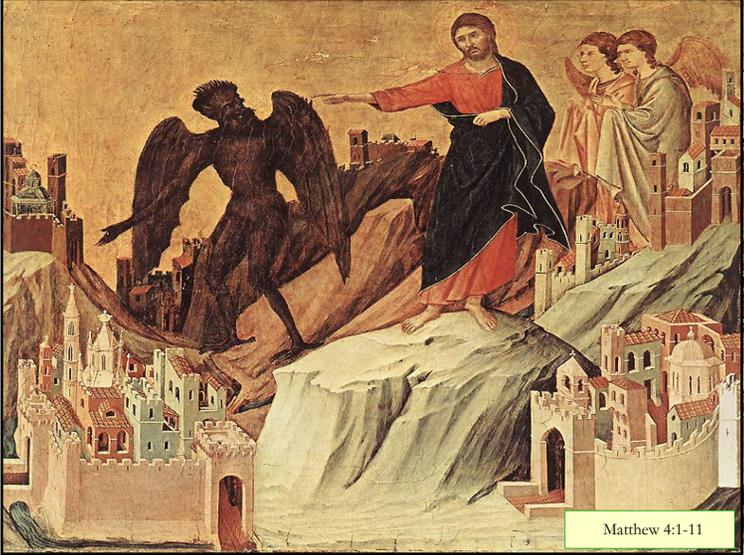


*For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin.*

Hebrews 4:15



CCC 536

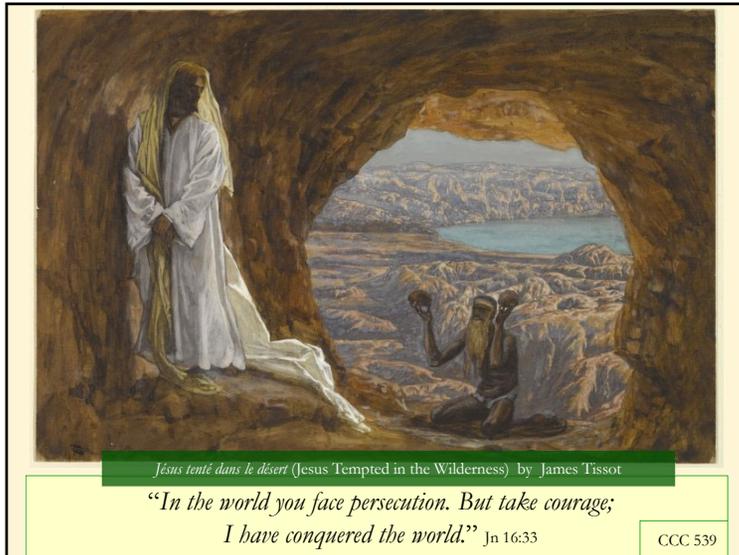


Matthew 4:1-11

Temptation to Physical Pleasures	Temptation to Pride	Temptation to Power
Jesus is hungry after fasting.	Satan takes Jesus to the tower of the temple	Satan shows Jesus all the kingdoms of the world.
The Kingdom of God is not based on material good.	The Kingdom of God is not based on magic tricks.	The Kingdom of God is not based on a show of political power.

*Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and their glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me."* Luke 4:5-7

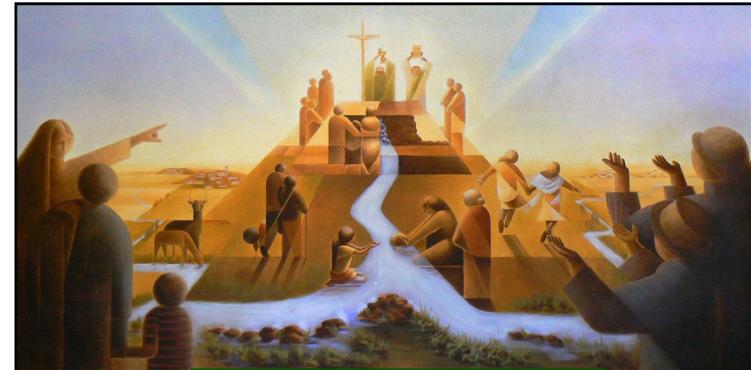
*At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'* Matthew 4:10



*Jésus tenté dans le désert* (Jesus Tempted in the Wilderness) by James Tissot

*“In the world you face persecution. But take courage; I have conquered the world.”* Jn 16:33

CCC 539



*The Eucharist, the Source and the Summit* by Lalo Garcia

*Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.*

Hebrews 4:14-16

CCC 1851

- When I think of the moral life, which of the following terms leap into my mind: vices, commandments, virtues, gifts of the Holy Spirit, Beatitudes? Which one do I never associate with morality? What does my choice say about my moral outlook?
- When I think of myself as an image of God, what comes to mind? What should I think? Why is an adequate self-understanding as image of God important for moral living? Why not just concentrate on sin and obeying commandments?
- How honest am I about the reality of sin? My Sin? What pressures do I experience which cause me to ignore or deny my sinfulness? Why is it spiritually healthier for me to confront sin rather than deny it?
- How interested am I in the power of grace and the call to holiness? What am I doing about the call? Why do we say that the unexamined life is not worth living?



*Disputation of the Sacrament* by Raphael

A litany is a form of responsive petition, used in public liturgical services, and in private devotions, to praise God or implore His aid.

KEY DEFINITION

## Psalm 136

Praise the LORD, for he is good;  
for his mercy endures forever;  
Praise the God of gods;  
for his mercy endures forever;  
Praise the Lord of lords;  
for his mercy endures forever;  
Who alone has done great wonders,  
for his mercy endures forever;  
Who skillfully made the heavens,  
for his mercy endures forever;  
Who spread the earth upon the waters,  
for his mercy endures forever;  
Who made the great lights,  
for his mercy endures forever;  
The sun to rule the day,  
for his mercy endures forever;  
The moon and stars to rule the night,  
for his mercy endures forever;  
Who struck down the firstborn of Egypt,  
for his mercy endures forever;  
And led Israel from their midst,  
for his mercy endures forever;  
With mighty hand and outstretched arm,  
for his mercy endures forever;  
Who split in two the Red Sea,  
for his mercy endures forever;

And led Israel through its midst,  
for his mercy endures forever;  
But swept Pharaoh and his army into the Red Sea,  
for his mercy endures forever;  
Who led the people through the desert,  
for his mercy endures forever;  
Who struck down great kings,  
for his mercy endures forever;  
Slew powerful kings,  
for his mercy endures forever;  
Sihon, king of the Amorites,  
for his mercy endures forever;  
Og, king of Bashan,  
for his mercy endures forever;  
And made their lands a heritage,  
for his mercy endures forever;  
A heritage for Israel, his servant,  
for his mercy endures forever.  
The Lord remembered us in our low estate,  
for his mercy endures forever;  
Freed us from our foes,  
for his mercy endures forever;  
And gives bread to all flesh,  
for his mercy endures forever.  
Praise the God of heaven,  
for his mercy endures forever.

## Daniel 3:51-90

Then these three in the furnace with one voice sang, glorifying and blessing God: "Blessed are you, O Lord, the God of our ancestors, praiseworthy and exalted above all forever; And blessed is your holy and glorious name, praiseworthy and exalted above all for all ages. Blessed are you in the temple of your holy glory, praiseworthy and glorious above all forever. Blessed are you on the throne of your kingdom, praiseworthy and exalted above all forever. Blessed are you who look into the depths from your throne upon the cherubim, praiseworthy and exalted above all forever. Blessed are you in the firmament of heaven, praiseworthy and glorious forever. Bless the Lord, all you works of the Lord, praise and exalt him above all forever. Angels of the Lord, bless the Lord, praise and exalt him above all forever. You heavens, bless the Lord, praise and exalt him above all forever. All you waters above the heavens, bless the Lord, praise and exalt him above all forever. All you powers, bless the Lord; praise and exalt him above all forever. Sun and moon, bless the Lord; praise and exalt him above all forever.

Stars of heaven, bless the Lord; praise and exalt him above all forever. Every shower and dew, bless the Lord; praise and exalt him above all forever. All you winds, bless the Lord; praise and exalt him above all forever. Fire and heat, bless the Lord; praise and exalt him above all forever. Cold and chill, bless the Lord; praise and exalt him above all forever. Dew and rain, bless the Lord; praise and exalt him above all forever. Frost and chill, bless the Lord; praise and exalt him above all forever. Hoarfrost and snow, bless the Lord; praise and exalt him above all forever. Nights and days, bless the Lord; praise and exalt him above all forever. Light and darkness, bless the Lord; praise and exalt him above all forever. Lightnings and clouds, bless the Lord; praise and exalt him above all forever. Let the earth bless the Lord, praise and exalt him above all forever. Mountains and hills, bless the Lord; praise and exalt him above all forever. Everything growing on earth, bless the Lord; praise and exalt him above all forever. You springs, bless the Lord; praise and exalt him above all forever. Seas and rivers, bless the Lord; praise and exalt him above all forever.

You sea monsters and all water creatures, bless the Lord; praise and exalt him above all forever. All you birds of the air, bless the Lord; praise and exalt him above all forever. All you beasts, wild and tame, bless the Lord; praise and exalt him above all forever. All you mortals, bless the Lord; praise and exalt him above all forever. O Israel, bless the Lord; praise and exalt him above all forever. Servants of the Lord, bless the Lord; praise and exalt him above all forever. Spirits and souls of the just, bless the Lord; praise and exalt him above all forever. Holy and humble of heart, bless the Lord; praise and exalt him above all forever. Hananiah, Azariah, Michael, bless the Lord; praise and exalt him above all forever. For he has delivered us from Sheol, and saved us from the power of death; He has freed us from the raging flame and delivered us from the fire. Give thanks to the Lord, who is good, whose mercy endures forever. Bless the God of gods, all you who fear the Lord; praise and give thanks, for his mercy endures forever."



## Love those Litanies

**Litany of the Saints** | It is a prayer to the Triune God and includes intercessions of the Blessed Virgin Mary, the Angels and all the martyrs and saints. The Litany concludes with a series of supplications to God to hear the prayers of the worshippers.

**Litany of the Blessed Virgin Mary, Mother of Life** | In the Litany of the Blessed Virgin Mary, Mother of Life, we ask Mary to pray for us as we journey through the joys and sorrows of life.

**Litany of the Holy Name of Jesus** | In the Litany of the Holy Name of Jesus, we proclaim the many names by which Jesus has been known to the faithful throughout history.

**Litany of the Most Precious Blood** | The Litany of the Most Precious Blood focuses on the real presence of Jesus Christ in the precious Blood. It can be prayed on the Feast of Corpus Christi or any Eucharistic feast.

**Litany of the Sacred Heart of Jesus** | The Litany of the Sacred Heart of Jesus is a deep reflection on the compassion, wisdom, justice, and strength of the Heart of Jesus.

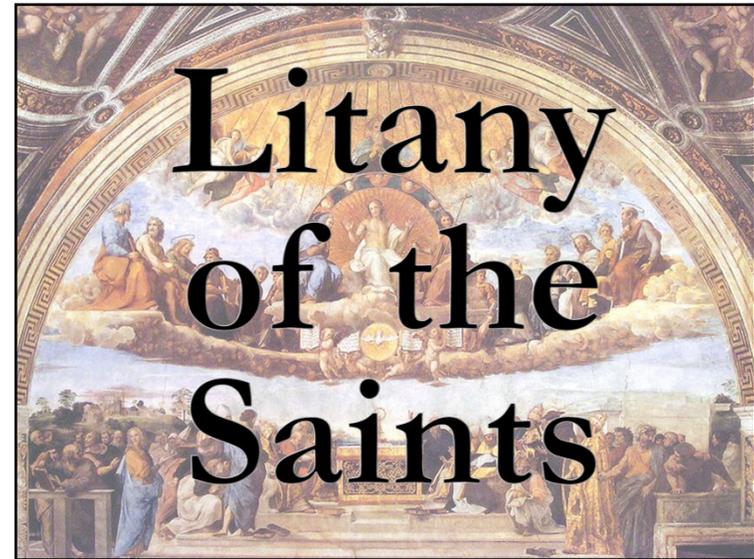
**Litany of Saint Joseph** | In the Litany of Saint Joseph, we invoke the most chaste Spouse of the Blessed Virgin Mary, the foster father and Guardian of the Redeemer, and patron saint of the Universal Church.

**Litany for Liberty** | The Litany for Liberty reminds us to live out our faith in the freedom we have as children of God.

**Litany for Life** | This litany is based on 1 Corinthians 12:31-13:8a that reminds us of the power of God's love throughout the struggles of this life.

**Litany of Trust** | In it, we ask Jesus to deliver us from the things that hold us bound, and we place our trust in His promises. (St. Faustina Maria Pia, SV)

**Litany of Humility** | In it the penitent asks to be granted the virtue 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...  
From the desire of being extolled ...  
From the desire of being honored ...  
From the desire of being praised ...  
From the desire of being preferred to others...  
From the desire of being consulted ...  
From the desire of being approved ...  
From the fear of being humiliated ...  
From the fear of being despised...  
From the fear of suffering rebukes ...  
From the fear of being calumniated ...  
From the fear of being forgotten ...  
From the fear of being ridiculed ...  
From the fear of being wronged ...  
From the fear of being suspected ...

That others may be loved more than I,  
*Jesus, grant me the grace to desire it.*  
That others may be esteemed more than I ...  
That, in the opinion of the world, others may increase  
and I may decrease ...  
That others may be chosen and I set aside ...  
That others may be praised and I unnoticed ...  
That others may be preferred to me in everything...  
That others may become holier than I,  
provided that I may become as holy as I should...

## Litany of Humility



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