

FORWARD!
INTO THE BREACH

A LEADERSHIP SEMINAR FOR MEN BASED ON

“INTO THE BREACH”

AN APOSTOLIC EXHORTATION FOR MEN

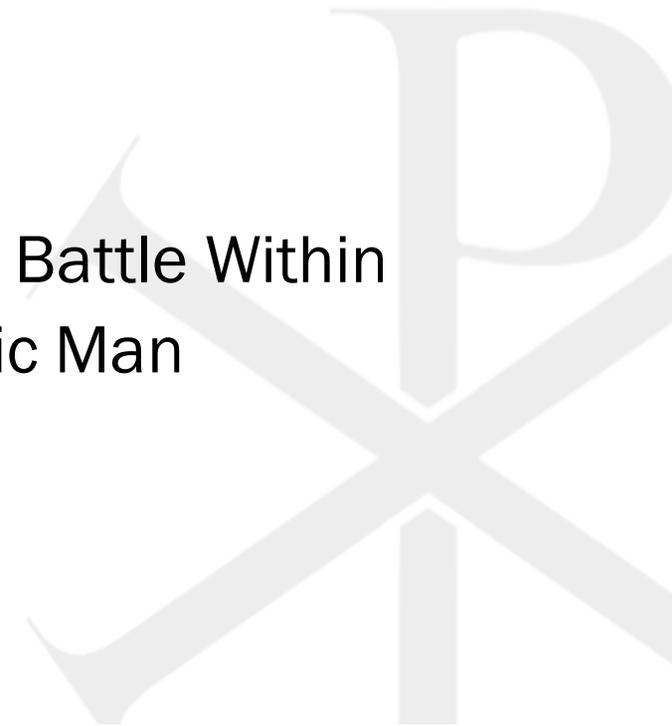
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SUMMER 2016

ST. JOHN NEUMANN CATHOLIC CHURCH
GAITHERSBURG, MD

June 14th – Session 5

- Video/Highlights
- Action Plan Items Review
- Question 1: What does it mean to be a Catholic Man? (con't)
 - Saints, our Heroes of Faith
 - The Catholic Man's Identity
 - Beloved and Free Sons, Called to the Battle Within
 - The Practices of a Committed Catholic Man



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Video Highlights

- “We need other men. ... We don’t learn manhood from books, we learn it from other men.”
- “We need men to hold us to account to the promises we have made, and to live lives of heroic virtue.”
- ”Daily prayer with frequent and honest confession. That is the place where we receive so much grace.”
- “Once I am connected to the one I love, Jesus Christ, he begins to fill me and heal me. Then I am able to go and pour out that love to my wife, children and others.” “You cannot give what you don’t have.”
- “Lots of catholic men are waiting to be challenged, waiting to be called.”
- “This movement is to go to the heart of where the problems really are.

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Action Plan Review Items

- What is my commitment to daily to prayer? Frequent confession? Reasonably seeking to attend Mass on days other than Sunday?
- How will I be accountable to this commitment?
- How will I act on protecting myself with the Armor of God against the wickedness and snares of the devil?

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Saints, our Heroes of Faith

- "Saints are a kind of continuation of the Gospels and give us examples of the varied paths of holiness."
- "As Jesus shows us the perfection of masculinity, so we can also find it lived by the saints who were led by Christ."
- "We men look to those who have gone before us, to look to them for inspiration and encouragement in fighting the good fight."

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Each Man Should Make a Decision to Have a Patron Saint

- St. Joseph (Trust in God – selfishness)
- St. John the Baptist (Humility – arrogance)
- St. Paul (Adherence to Truth – mediocrity)
- St. Michael the Archangel (Obedience to God – licentiousness and rebelliousness)
- St. Benedict (Prayer and Devotion to God – sloth)
- St. Francis of Assisi (Happiness – moralism)
- St. Thomas More (Integrity – double-mindedness)
- Blessed Pier Giorgio Frassati (Chastity – lust)
- St. Josemar'a Escriva (Boldness – worldly fear)
- Pope St. John Paul II (Defending the Weak – passivity)



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Virtue and Vice

Virtue is Strength - Page 28

Capital/Deadly Sins:	pride/arrogance <i>superbia</i>	avarice/greed <i>avaritia</i>	envy/jealousy <i>invidia</i>
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Principal Virtues:	humility/modesty <i>humilitas</i>	generosity/charity <i>liberalitas</i>	kindness/gratitude <i>humanitas</i>
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Capital/Deadly Sins:	wrath/anger <i>ira</i>	lust/impurity <i>luxuria</i>	gluttony/voracity <i>gula</i>	sloth/laziness <i>acedia</i>
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Principal Virtues:	patience/compassion <i>patientia</i>	chastity/purity <i>castitas</i>	temperance/moderation <i>temperantia</i>	diligence/fervor <i>industria</i>
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Saints, our Heroes of Faith –St. Joseph

- What sort of maxims might this Catholic father, who tries to emulate St. Joseph, follow to stay on the right path? If we consider what Scripture and the Church teach us, we can look to these **four critical principles** as our guide.
 1. Our vocation is to get our families to heaven.
 2. Our children are always watching us. They will likely model later in life what they learn at home.
 3. We are made for heaven, not this world. Let's act accordingly.
 4. Our children are God's gift to us. The love and care we show our children is our gift back to Him.

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The Catholic Man's Identity



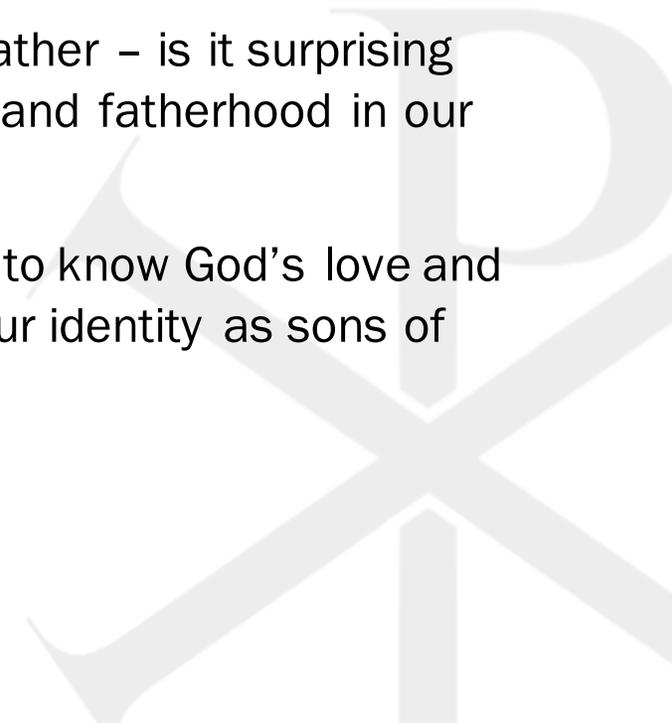
WHAT IS YOUR IDENTITY?
WHERE DO YOU LOOK TO FIND IT?



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The Catholic Man's Identity

- Our identity is in the identity of the eternal Son of God. It is received at our baptism
- When we speak of conversion, we are speaking about an acceptance of and growth into this identity.
- When we speak about sin, we are speaking of all that takes us away from our identity as beloved sons of the Father.
- Since our identity is being beloved sons of God the Father – is it surprising that the devil is waging a fierce battle on masculinity and fatherhood in our day?
- The process of Christian conversion includes coming to know God's love and experiencing brotherhood with Christ who deepens our identity as sons of the Father in the Holy Spirit.
- This is our lifelong goal and our spiritual battle.



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Through Temptations we can Atonement for Past Sins (page 35)

- In *How to Resist Temptation* (Sophia Institute Press, 2001) Fr. Francis J. Remler, C.M., comments - “Our past indulgences in forbidden pleasures might easily become the source of lifelong and persistent temptations to renewed indulgence. This is a very painful and trying condition for those who have truly repented and are seeking to lead a virtuous life. But they can console themselves by reflecting that this very state of temptation, troublesome and hard though it is, furnishes excellent opportunities for making atonement and satisfaction to Divine Justice for their evil deeds of earlier years.”
- For every temptation there is an actual grace given. “My grace is sufficient for you, for my power is made perfect in weakness” (2 Corinthians 12:9). Strength is made perfect in weakness? Correct! In this world virtue cannot take root without the help of temptation. Otherwise there would be no virtue.

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The Armor of God (Ephesians 6:11-17)

- To place the belt of truth upon oneself means to live in the truth of Jesus Christ. To place the breastplate of justice upon oneself means to live in the justice of God. To place the Gospel of peace upon oneself as footgear is to be the peace of Christ to everyone we meet. To take up the shield of faith and ward off the fiery darts of Satan means to believe in the power of God. To place the helmet of salvation upon oneself is to protect one's thoughts. To take up the sword of the Spirit is to read and meditate upon the Word of God. In addition to the armor of God, ask Jesus everyday to cover you and your loved ones with His precious blood. Along with this, ask for the intercession of Mary the Mother of God and the protection of her mantel. Finally, each of us should include the angels and saints in our petition for protection, especially our guardian angel.
 - Spiritual Warfare for Catholics, Jeffrey J. Steffon, 1994, (p. 155)

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The Practices of a Committed Catholic Man

DAILY

1. Pray every day.
2. Examine your conscience before going to sleep.
3. Go to Mass.
4. Read the Bible.

Build Fraternity with
other Catholic Men.

WEEKLY

5. Keep the Sabbath.

MONTHLY

6. Go to Confession.
7. Build fraternity with other Catholic men.



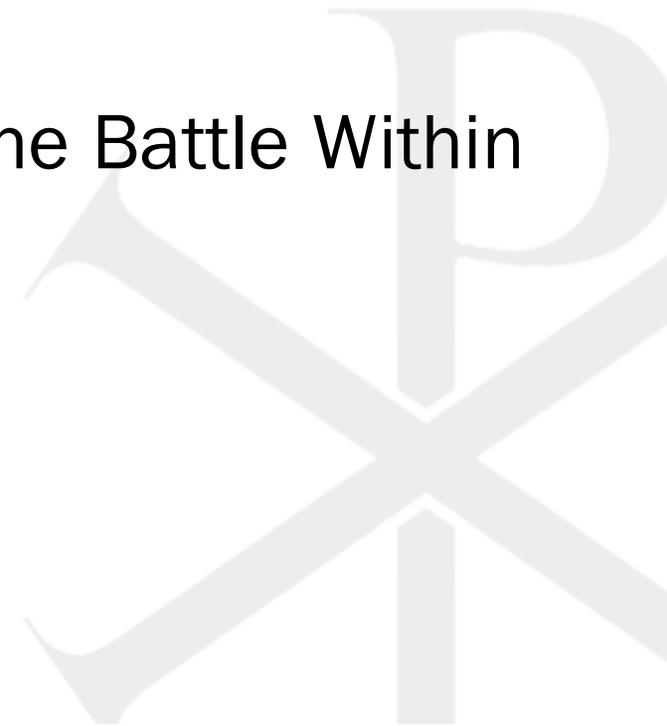


Questions?

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Discussion Questions

- Saints, our Heroes of Faith
 - Page 31 – question 29
- The Catholic Man's Identity
 - Page 33 – questions 30, 31
- Beloved and Free Sons, Called to the Battle Within
 - Page 38 – question 33



Prayer to St. George

“St. George, Heroic Catholic soldier and defender of your Faith, you dared to criticize a tyrannical Emperor and were subjected to horrible torture. Faithful servant of God and invincible martyr, favored by God with the gift of faith, and inflamed with an ardent love of Christ, thou didst fight valiantly against the dragon of pride, falsehood, and deceit. Neither pain nor torture, sword nor death could part thee from the love of Christ.

I fervently implore thee for the sake of this love to help me by thy intercession to overcome the temptations that surround me, and to bear bravely the trials that oppress me, so that I may patiently carry the cross which is placed upon me; and let neither distress nor difficulties separate me from the love of Our Lord Jesus Christ.

Valiant champion of the Faith, assist me in the combat against evil, that I may win the crown promised. Amen.”

