

PLAN OF LIFE: THE PROMISE AND THE POWER OF THE HOLY SPIRIT (5-7-20)

REGINA CAELI (QUEEN OF HEAVEN)

Queen of Heaven, rejoice, alleluia.
For He Whom thou didst merit to bear, alleluia.

Has risen, as He said, alleluia.
Pray for us to God, alleluia.

Verse: Rejoice and be glad, O Virgin Mary, alleluia.

Response: For the Lord has truly risen, alleluia.

Let us pray: O God, Who through the Resurrection of Thy Son,
our Lord Jesus Christ,
didst vouchsafe to give joy to the world:
grant, we beseech Thee, that through His Mother,
the Virgin Mary,
we may obtain the joys of everlasting life.
Through the same Christ our Lord. Amen.

SACRED SEVEN (TRUE OR FALSE)

- ___ 1. Adam and Eve were created by God in a state of grace.
 - ___ 2. The Church has always taught that each person has a right to grace.
 - ___ 3. When we refer to The Fall, we primarily refer this original sin to Adam.
 - ___ 4. From the time of The Fall until the Immaculate Conception of Mary, there was no grace of any sort in the world.
 - ___ 5. All sin is equally offensive to God.
 - ___ 6. Scripture and Tradition affirm that it is always a blessing for a person to receive Holy Communion.
 - ___ 7. By Baptism, we become holy as God covers over our sins by the Blood of the Lamb—we are not changed, but only our relationship to God is changed.
- I. “The Holy Spirit, the Lord, the Giver of Life” (Nicene-Constantinople Creed)
- A. Creation: “The Lord God formed man of dust from the ground, and breathed into man the breath of life; and man became a living being” (Genesis 2:7).
 - B. The Fall: Loss and Banishment
 - 1. Loss of the indwelling of the Holy Spirit (Sanctifying Grace)
 - 2. Loss of access to the Tree of Life (Holy Communion)
 - C. The Redemption: Gain and Invitation
 - 1. Immaculate Conception (Full of Grace)—“Hail, Full of Grace, the Lord is with a you” (Luke 1:28)—Beginning of the restoration of the life of grace in the power of the Holy Spirit (New Eve of the New Creation)

2. Incarnation: Life-Giving Fruit of Mary's Womb—"The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God" (Luke 1:35).
- D. Birthday Gifts of Grace for Mother Church by the Last Adam:
1. Gift of the Ministry of Reconciliation:

"Peace be with you. As the Father has sent Me, even so I send you.' And when He had said this, He breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (John 20:21-23).

2. Gift of Confirmation in Mission and Baptism:

"It is not for you to know times or seasons which the Father has fixed by His own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth" (1:8).

- II. Easter Season—Renewal of Life of Grace in Christ through the power of the Holy Spirit:
- A. Maturing Children of God (Sanctification/Divination):
 1. REMAINING IN A STATE OF GRACE—Reconciliation
 2. Growing in strength and giving witness—Confirmation
 3. Worshipping in Spirit and Truth—Spiritual Nourishment—Holy Eucharist
 - B. Planning to Accept God's Plan—Renewal at Pentecost:
 1. Easter—Renewal of Baptismal Promises
 2. Pentecost—Renewal of Life as a Disciple and Missionary
 - C. Plan of Life in the Spirit:
 1. Daily Rosary (In the Upper Room with Mary)
 2. Dedication to Remaining in a State of Grace:
 - a. On-Going Mental Formation (Catechesis—Doctrinal/Scriptural)
 - b. Regular Sacramental Life
 - c. Christian Life—Salt, Light, and Leaven in the World
 - d. Daily Prayer Life—Vocal and Mental
 - D. Three Areas of Focus:
 1. Humility: Obedience to God, His Church, and Those in Authority
 2. Simplicity:
 - a. Detachment from creatures
 - b. Avoiding unnecessary occasions of sin
 - c. Avoiding over commitment and misplaced priorities
 3. Purity of Heart (Heart on Fire for Service and Mission):
 - a. Eliminating all malice, lust, and self-absorption
 - b. Living a life of mercy, chastity, and charity

MISSION

- I. Morning Prayer: “Our Father,” “Hail Mary,” “Glory Be,” “Renewal of Baptismal Promises,” “The Anima Christi” (Spiritual Communion), “Angel of God,” “Saint Michael Prayer”
- II. Mid-Day Prayer: “Veni Creator Spiritus,” “Regina Caeli”
- III. Mental Prayer During the Day (15-30 minutes):
 - A. The Rosary
 - B. Journal Meditation:
 1. 5-10 Minutes of Scriptural or spiritual reading
 2. 5-10 Minutes writing to either the Father, Son, or Holy Spirit
 3. 5-10 Minutes recording what you believe God is saying to you
- III. Nightly Examination of Conscience and Act of Contrition:
 - A. When have I disobeyed God and His Church?
 - B. When have I disobeyed those in authority?
 - C. What possessions or things have control over my life and enslave me?
 - D. When have I unnecessarily failed to avoid persons, things, or situations that tend to encourage me to sin?
 - E. Am I anxious, distressed, frustrated, angry, or overwhelmed because of over commitment and misplaced priorities?
 - F. Have I shown malice rather than mercy?
 - G. Have I been lustful rather than chaste?
 - H. Have I been selfish or greedy rather than generous and charitable?
 - I. Firm purpose of amendment in preparation for renewal this Pentecost:
 1. What I must do to be more humble?
 2. What I must do to cultivate greater simplicity?
 3. What I must do to cultivate and maintain purity of heart?