

WAYPOINT

Week 4 - Healing - Points from the talk (3/30/22):

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

- **Sanity**

- Sanity comes from Latin *sanus* = health
- Sanctity = Sanity. Holiness = wholeness. God is more divine physician than judge.
- We are all spiritually sick.

- **Saints**

- St. Peter
- St. Mary Magdalene
- St. Paul had a thorn in his side.
- St. Francis De Sales and St. Louis De Montfort and anger.
 - “*Alas, I shall sin no more!*” (St. Louis De Montfort)
- Sr. Lucia of Fatima, O.C.D., Servant of God (The following is taken from her own examination of conscience):
 - *Resentments which do not allow me to forget the defects of others. Faults against charity which these resentments lead me to. Egoism which leads me so many times to choose the best for myself. Self love which leads me to have my view prevail. Excessive propensity to be grieved with trifles. Lack of respect and disdain for those who contradict me. Concentrating on the faults of others without seeing my own. Curt replies to the Sisters. Not valuing the work of others. In my eyes I think my work better than others. To want others to esteem my work. Useless words in moments of silence. Lack of patience in unforeseen events. Lack of respect for the opinion of others. Not being punctual enough. Not taking correction willingly. Being rude to those who displease me. Failing of devotion in my spiritual duties and visits to the Blessed Sacrament. Failing to be diligent in obedience. Failing to be pleasant with others.*
- St. JP II went to confession every week.

- **New things**

- Is 43:18-19
 - “*Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert*”
- Phil 3:12-15
 - “*Not that I am already perfect; but I press on to make it my own, because Christ Jesus has made me his own... forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those who are mature be thus minded*”

- **Healing**

- St. Thomas Aquinas's treatise on grace:
 - *"in the state of corrupted nature man cannot fulfill all the Divine commandments without healing grace (gratia sanante)"*
- Ex 15:26
 - *"I am the Lord, your healer"*
- Mal 4:2
 - *"The sun of righteousness will come with healing in its rays"*
- Grace is like radiation treatment on a tumor.
- Confession is referred to as a Sacrament of Healing in the Catechism.
- The Eucharist is a Sacrament of Healing:
 - Silent prayer of the priest before Holy Communion:
 - *"May the receiving of your body and blood, Lord Jesus Christ, not bring me to judgement and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy."*
 - Adaptation of Mt 8:8 prior to receiving Holy Communion:
 - *"Lord, I am not worthy to have you come under my roof, but only say the word and my soul shall be healed"*
 - Silent prayer of priest during purification:
 - *"What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given us in time, may be our healing for eternity."*
- Dad and the BB gun.

Week 4 - Discussion Questions:

1. Do I conceive of God more as Divine Judge or Divine Physician?
2. Do I see my sins and those of others more as offenses against justice that need to be set right, or as spiritual sickness that needs to be healed?
3. Is my thinking predominated by the lens of justice? Do I act more like an unjust judge than as a wounded healer?
4. Am I afraid to admit my deep state of woundedness to myself? Am I afraid to let the Divine Physician see my woundedness?

Closing Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.