

Theory 6

A SIMPLE WAY OF LIFE

Review: The Problem in the World

In 1978, Alexander Solzhenitsyn, a Russian political prisoner, was released from the Siberian Labor Camps and allowed to come to the US. At that time, he said: “If I were asked today to formulate as concisely as possible the main cause of the ruinous Revolution that swallowed up some sixty million of our people, I could not put it more accurately than to repeat: Men have forgotten God; that’s why all this has happened.”

Review: God’s Solution

From 1830 to the present, Mary has been appearing with a greater frequency and urgency to call her children back to God.

In 1917, Mary appeared to three children in Fatima, Portugal, over six consecutive months culminating with the Miracle of the Sun witnessed by more than 70,000 people.

“You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. If what I say to you is done, many souls will be saved and there will be peace.”

~Mary to the little children at Fatima

Mary asks for our help

Immediately, Our Lady revealed three parts to the secret of Fatima, at the end of which she taught them a prayer: “Oh my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of Thy Mercy.”

Our Lady has come from Heaven to Earth on a Rescue Mission – to save her children from hell and lead them to Heaven. She asks for our help in this Rescue Mission.

We aim to lead people to Jesus through Mary by living a simple way of life:

- Consecration to Mary by which we belong entirely to Mary
- Formation through Daily Meditation and a Resolution in the Rosary
- Spiritual Friendship
- Hospitality

Pentecost - the Icon of our Time

Pope St. John Paul II sees the icon of our times and the sign of hope for our times is the scene of Pentecost.

At Pentecost we find the small community of believers, gathered around Mary in a home and at prayer.

We Belong Entirely to Mary

Jesus has come to give us his life. And it is the Holy Spirit who reveals the Son to us and disposes us to welcome him in faith. Therefore, we receive Jesus through the Holy Spirit, and the Holy Spirit works through Mary.

The Catechism teaches us “through Mary, the Holy Spirit begins to bring men, the objects of God's merciful love, into communion with Christ. And the humble are always the first to accept him: shepherds, magi, Simeon and Anna, the bride and groom at Cana, and the first disciples.”

St. Maximilian Kolbe writes: “The union between the Holy Spirit and the Immaculata is so inexpressibly perfect that He conducts His activity through her only. Therefore, she is the mediatrix of all graces flowing from the Holy Spirit.”

In The Movement of the Holy Family, we consecrate ourselves to Mary because the Holy Spirit works through her in a unique way to help us receive Jesus.

Our Lady says to us: Give me your hearts, and I will put Jesus in them
and make you my apostles.

Formation through Daily Meditation and a Resolution in the Rosary

- The CCC suggests two forms of meditation: Lectio Divina (Praying over Scripture) and the Rosary
- The maternal and educative mission of the Holy Spirit is carried out through Mary especially in the Rosary
- The School of Mary
- The Rosary according to St. Dominic
- The Rosary is a meditation on the Word of God

- The Rosary podcast is designed to give you formation in all areas of your faith in daily digestible portions
- You learn to meditate or think about those timeless truths during the decade
- With a daily resolution, you put into practice the virtues you've reflected upon which transforms your life
- The Rosary Podcast is an
 - Easy place to begin meditation
 - Easy to share with others
 - Easy to pray with others
- In every age the Rosary has renewed the Church in crisis
- Daily Rosary.net

Spiritual Friendship

Teresa of Avila, who knew more than anyone about the spiritual life, knew that it was very difficult to make progress spiritually without the help of friends.

For this reason, she made it a priority to spend time with four friends to whom she wrote:

“I should like the five of us who at present love each other in Christ to make a kind of pact that since the others in these times gather together in secret against God His Majesty to prepare wicked deeds and heresies, we might seek to gather together some time to free each other from illusion and to speak about how we might mend our ways and please God more since no one knows himself as well as others who observe him if they do so with love and concern for his progress.”

Domestic Church

Today, more people live alone than together. Like Teresa of Avila, we all need a small group of family or friends with whom we share life regularly.

The Christian family or a small group is the fundamental cell of the Body of Christ, the Church. The individual believer and the entire Church need small communities for both to flourish.

The Small Group is the Primary Unit of Transformation

The small group is the unit of transformation because it is where we are known, challenged, and supported.

Teresa asked for a commitment from her four friends to

- “free each other from illusion”
- “to speak about how we might mend our ways and please God more”
- “since no one knows himself as well as others who observe him
- “if they do so with love and concern for his progress.”

We commit to a family or a little group of people with whom we share life regularly to enrich each other with our strengths and stretch one another by our differences.

Do you have your family or little group or team or whatever you want to call it? Do you spend time and share life with them regularly, habitually? Do you pray together?

Hospitality

In his letter entitled *The Role of the Christian Family in the Modern World*, St. John Paul II wrote, “[T]he future of evangelization depends in great part on the Church of the home” (par. 52). He did not say it depends on the parish priest doing more or that it depends on new and better programs but on the Church gathered as families or small groups in the home.

St. John Paul II states that Christian families “not only receive the love of Christ and become a saved community, but they are also called upon to communicate Christ’s love to their brethren, thus becoming a *saving community*” (par. 49).

He also states: “Thus, far from being closed in on itself, the family is by nature and vocation open to other families and to society and undertakes its social role” (par. 42). And what is that Social Role of the family? It has primarily two parts: to practice ***hospitality*** and ***prayer***.

On the first he writes:

“In particular, note must be taken of the ever greater importance in our society of hospitality in all its forms, from opening the door of one’s home and still more of one’s heart to the pleas of one’s brothers and sisters...In a special way the Christian family is called upon to listen to the Apostle’s recommendation: ‘Practice hospitality,’ and therefore, imitating Christ’s example” (par. 44).

Make hospitality your special care.

On the second, the prayer of the family or small community, St. John Paul II encourages all to make the Rosary the prayer of the domestic Church (par. 60, 61).

St. John Paul II is essentially saying that the future of evangelization depends upon families and small groups who live a simple way of life of hospitality, friendship, good conversation, and the Rosary.

What steps should we take if we desire spiritual friendship?

- Cut out the things that are killing your spiritual life – basically the time we spend on screens: T.V, Netflix, Face Book, You Tube, news, sports, Candy Crush and porn.
- Replace it with what your soul really needs – friendship with God that comes through daily meditation.
- And since your soul was meant to be fed by reality in the form of truth, beauty, and goodness, then dedicate yourself to grow in some field of knowledge or skill and then be disciplined in cultivating or appreciating that field.
- Then when you find someone who is also interested in pursuing and celebrating some profound aspect of reality, *we must prioritize spending time with them.*

Build a community of faith where we live

Step one: Pray the Rosary every day.

Begin by praying the daily Rosary together or by yourself if you live alone. For couples without kids at home or those who live alone, you are still called to build a domestic Church. For those who are married and have kids of any age at home, pray the Rosary with your spouse every day, then strive to pray as a whole family once a week.

Step two: Share the Rosary or invite someone to pray the Rosary with you.

If the Rosary seems a difficult place to begin, then pray one decade of the Rosary each day, and invite four others to join you. Together you will pray one whole Rosary each day.

Step three: Invite and provide hospitality

Invite someone to your home, give them hospitality, feed them, be genuinely interested in them, talk with them and invite them to pray the Rosary with you. Strive to invite others to your home for a meal and the Rosary regularly, thus building the Church in your home.