

Season of Septuagesima, conclusion

March 3, 2019

The third enemy of the soul against which we must do battle is our own flesh (our body and senses). We often have the desire for ease and pleasure and when this desire becomes too strong, it ends up being the result of our fallen nature. This enemy is most dangerous because we always have it with us. We must not be discouraged because we cannot lose this enemy, but realize that the temptations we suffer are usually the result of past sins. If we patiently fight them by exercising the opposite virtue, we can grow in that needed virtue. The trials we experience from such temptations are also an occasion to make reparation for our past sins. These temptations can have the effect of making us humble, helping us to fight against pride. Saints have contended with trials like ours and so we can invoke their intercession in our struggles. We must take steps to bring to death our passions and keep them under the rule of the intellect and will through regular mortification or sacrifices. During Lent we take on greater penances to help curb these disordered passions.

We must know the enemies of the soul and then persevere at overthrowing them by watching out for occasions of sin and fleeing the occasion if we can, praying for God's grace and strength and fighting by means of positive efforts at resistance. During the pre-Lenten season, we should examine ourselves concerning these enemies and plan our Lenten our penances well so that we can have a really good and profitable Lent and, in the end, "obtain the prize".

*Rev. Charles Van Vliet, FSSP
Pastor, Regina Caeli Parish*