



Opening Your Heart Scripture Verses



WWP: Opening Your Heart
CHAPTER 1 (Connect Coffee)

<http://walkingwithpurpose.com/courses/videos/>

Things that matter.

We tend to attempt to justify our behavior.

Pride

(placing our security in ourselves)

1. need to achieve accomplishment to satisfy our ego
2. control
3. independence (total dependence; independence, interdependence)
4. rationalization
5. negativity (judgmental)
6. self-pity

Vanity

(placing our security in other people)

need to be affirmed
need to be noticed
need to be praised
I'll do, in order to be loved
fear of rejection
defined by the opinion of others

Sensuality

(placing our security in things)

1. materialism
2. focus on feelings
3. focus on pleasure

The answer: Faith, Hope, Love

Remove distractions (or planned neglect)

WWP: Opening Your Heart Lesson 2 --- Who Is Jesus Christ?

John 14:1-10. Last Supper Discourses.

1 “Do not let your hearts be troubled. You have faith in God; have faith also in me. 2 In my Father’s house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? 3 And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. 4 Where [I] am going you know the way.” 5 Thomas said to him, “Master, we do not know where you are going; how can we know the way?” 6 Jesus said to him, “I am the way and the truth* and the life. No one comes to the Father except through me. 7 If you know me, then you will also know my Father. From now on you do know him and have seen him.” 8 Philip said to him, “Master, show us the Father, and that will be enough for us.” 9 Jesus said to him, “Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? 10 Do you not believe that I am in the Father and the Father is in me? The words that I speak to you I do not speak on my own. The Father who dwells in me is doing his works.

Luke 17:25 (fulfills Is 53:3*)

25 But first he must suffer greatly and be rejected by this generation.

2 Cor 5:21 (fulfills Is 53:4-5*)

21 For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.

Mark 15:4-5 (fulfills Is 53:7*)

4 Again Pilate questioned him, “Have you no answer? See how many things they accuse you of.” 5 Jesus gave him no further answer, so that Pilate was amazed.

Luke 23:8-9 (fulfills Is 53:7*)

8 Herod was very glad to see Jesus; he had been wanting to see him for a long time, for he had heard about him and had been hoping to see him perform some sign. 9 He questioned him at length, but he gave him no answer.

John 1:29 (fulfills Is 53:7*)

29 The next day he saw Jesus coming toward him and said, “Behold, the Lamb of God,* who takes away the sin of the world.

Matt 1:22-23

22 All this took place to fulfill what the Lord had said through the prophet: 23 “Behold, the virgin shall be with child and bear a son,

Matt 2:1

1 When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem,

Rom 3:23

23 all have sinned and are deprived of the glory of God.

1 John 1:8

8 If we say, “We are without sin,” we deceive ourselves, and the truth is not in us.

Rom 6:23

23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Rom 5:6-8

5 and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us. 6 For Christ, while we were still helpless, yet died at the appointed time for the ungodly.

John 3:16

16 For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

Col 1:15-20

15 He is the image of the invisible God, the firstborn of all creation.

16 For in him were created all things in heaven and on earth,

the visible and the invisible, whether thrones or dominions or principalities or powers; all things were created through him and for him.

17 He is before all things, and in him all things hold together.

18 He is the head of the body, the church. He is the beginning, the firstborn from the dead, that in all things he himself might be preeminent.

19 For in him all the fullness was pleased to dwell,

20 and through him to reconcile all things for him, making peace by the blood of his cross [through him], whether those on earth or those in heaven.

WWP: Opening Your Heart **Lesson 3 --- Why Is Jesus Interested in My Friendship?**

READ: Appendix 3: Conversion of Heart

Jer 29:13

13 When you look for me, you will find me. Yes, when you seek me with all your heart,

Prov 3:5-6

5 Trust in the LORD with all your heart, on your own intelligence do not rely;

6 In all your ways be mindful of him, and he will make straight your paths.

John 14:23

23 Jesus answered and said to him, “Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.

John 15:14

14 You are my friends if you do what I command you.

Matt 22:37-38

37 He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. 38 This is the greatest and the first commandment.

Luke 9:23

23 Then he said to all, “If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.

John 14:2-3

2 In my Father’s house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? 3 And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be.

John 3:16

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

John 5:24-29

24 Amen, amen, I say to you, whoever hears my word and believes in the one who sent me has eternal life and will not come to condemnation but has passed from death to life. 25 Amen, amen, I say to you, the hour is coming and is now here when the dead will hear the voice of the Son of God, and those who hear will live. 26 For just as the Father has life in himself, so also he gave to his Son the possession of life in himself. 27 And he gave him power to exercise judgment, because he is the Son of Man. 28 Do not be amazed at this, because the hour is coming in which all who are in the tombs will hear his voice 29 and will come out, those who have done good deeds to the resurrection of life, but those who have done wicked deeds to the resurrection of condemnation.

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Lesson 4 --- Why and How Should I Pray?

Matt 18:1-4

At that time the disciples* approached Jesus and said, “Who is the greatest in the kingdom of heaven?” 2 He called a child over, placed it in their midst, 3 and said, “Amen, I say to you, unless you turn and become like children, you will not enter the kingdom of heaven. 4 Whoever humbles himself like this child is the greatest in the kingdom of heaven

Luke 11:5-8

And he said to them, “Suppose one of you has a friend to whom he goes at midnight and says, ‘Friend, lend me three loaves of bread, 6 for a friend of mine has arrived at my house from a journey and I have nothing to offer him,’ 7 and he says in reply from within, ‘Do not bother me; the door has already been

locked and my children and I are already in bed. I cannot get up to give you anything.’ 8 I tell you, if he does not get up to give him the loaves because of their friendship, he will get up to give him whatever he needs because of his persistence.

Luke 18:1-8

Then he told them a parable about the necessity for them to pray always without becoming weary. He said, 2 “There was a judge in a certain town who neither feared God nor respected any human being. 3 And a widow in that town used to come to him and say, ‘Render a just decision for me against my adversary.’ 4 For a long time the judge was unwilling, but eventually he thought, ‘While it is true that I neither fear God nor respect any human being,

5 because this widow keeps bothering me I shall deliver a just decision for her lest she finally come and strike me.” 6 The Lord said, “Pay attention to what the dishonest judge says. 7 Will not God then secure the rights of his chosen ones who call out to him day and night? Will he be slow to answer them? 8 I tell you, he will see to it that justice is done for them speedily. But when the Son of Man comes, will he find faith on earth?”

Matt 7:7-11 (included in the *Quiet Your Heart* section) “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. 9 Which one of you would hand his son a stone when he asks for a loaf of bread, 10 or a snake when he asks for a fish? 11 If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him.

John 3:16
For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

Eph 1:7
In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace

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Lesson 6 --- Who is the Holy Spirit?

Gen 1:2
and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters

Luke 1:15
for he will be great in the sight of [the] Lord. He will drink neither wine nor strong drink. He will be filled with the holy Spirit even from his mother’s womb,

Luke 1:34-35
for he will be great in the sight of [the] Lord. He will drink neither wine nor strong drink. He will be filled with the holy Spirit even from his mother’s womb,

Luke 3:21-22
After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened 22 and the holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”

Eph 1:13
In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised holy Spirit

1 Peter 1:3-4
Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead, 4 to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you

Matt 19:26
Jesus looked at them and said, “For human beings this is impossible, but for God all things are possible.”

Mark 14:35-36
He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; 36 he said, “Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will.”

Is 55:8
For my thoughts are not your thoughts, nor are your ways my ways

John 3:30
He must increase; I must decrease.

Luke 1:47-48
my spirit rejoices in God my savior. 48 For he has looked upon his handmaid’s lowliness; behold, from now on will all ages call me blessed.

Phil 2:6-8
Who, though he was in the form of God, did not regard equality with God something to be grasped.

Acts 2:1-39
When the time for Pentecost was fulfilled, they were all in one place together. 2 And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. 3 Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. 4 And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them

to proclaim. 5 Now there were devout Jews from every nation under heaven staying in Jerusalem. 6 At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. 7 They were astounded, and in amazement they asked, "Are not all these people who are speaking Galileans? 8 Then how does each of us hear them in his own native language? 9 We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, 10 Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, 11 both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God." 12 They were all astounded and bewildered, and said to one another, "What does this mean?" 13 But others said, scoffing, "They have had too much new wine."

Peter's Speech at Pentecost. 14 Then Peter stood up with the Eleven, raised his voice, and proclaimed to them, "You who are Jews, indeed all of you staying in Jerusalem. Let this be known to you, and listen to my words. 15 These people are not drunk, as you suppose, for it is only nine o'clock in the morning. 16 No, this is what was spoken through the prophet Joel: 17 'It will come to pass in the last days,' God says, 'that I will pour out a portion of my spirit upon all flesh. Your sons and your daughters shall prophesy, your young men shall see visions, your old men shall dream dreams. 18 Indeed, upon my servants and my handmaids I will pour out a portion of my spirit in those days, and they shall prophesy. 19 And I will work wonders in the heavens above and signs on the earth below: blood, fire, and a cloud of smoke. 20 The sun shall be turned to darkness, and the moon to blood, before the coming of the great and splendid day of the Lord, 21 and it shall be that everyone shall be saved who calls on the name of the Lord.'

22 You who are Israelites, hear these words. Jesus the Nazorean was a man commended to you by God with mighty deeds, wonders, and signs, which God worked through him in your midst, as you yourselves know. 23 This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him. 24 But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it. 25 For David says of him: 'I saw the Lord ever before me, with him at my right hand I shall not be disturbed. 26 Therefore my heart has been glad and my tongue has exulted; my flesh, too, will dwell in hope, 27 because you will not abandon my soul to the netherworld, nor will you

suffer your holy one to see corruption. 28 You have made known to me the paths of life; you will fill me with joy in your presence.' 29 My brothers, one can confidently say to you about the patriarch David that he died and was buried, and his tomb is in our midst to this day. 30 But since he was a prophet and knew that God had sworn an oath to him that he would set one of his descendants upon his throne, 31 he foresaw and spoke of the resurrection of the Messiah, that neither was he abandoned to the netherworld nor did his flesh see corruption. 32 God raised this Jesus; of this we are all witnesses. 33 Exalted at the right hand of God, he received the promise of the holy Spirit from the Father and poured it forth, as you (both) see and hear. 34 For David did not go up into heaven, but he himself said:

'The Lord said to my Lord, "Sit at my right hand 35 until I make your enemies your footstool.'"

36 Therefore let the whole house of Israel know for certain that God has made him both Lord and Messiah, this Jesus whom you crucified."

37 Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, "What are we to do, my brothers?" 38 Peter [said] to them, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit. 39 For the promise is made to you and to your children and to all those far off, whomever the Lord our God will call."

Gal 5:22-23

In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 gentleness, self-control. Against such there is no law.

Rom 8:26

26 In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.

Luke 12:12

For the holy Spirit will teach you at that moment what you should say.

John 14:16-17

And I will ask the Father, and he will give you another Advocate to be with you always, 17 the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you.

Is 40:8

8 The grass withers, the flower wilts, but the word of our God stands forever.

Mark 13:31

31 Heaven and earth will pass away, but my words will not pass away..

2 Tim 3:16-17

16 All scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness, 17 so that one who belongs to God may be competent, equipped for every good work.

Heb 4:12

12 Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart

Is 43:1-4

1 But now, thus says the LORD, who created you, Jacob, and formed you, Israel: Do not fear, for I have redeemed you; I have called you by name: you are mine. 2 When you pass through waters, I will be with you; through rivers, you shall not be swept away. When you walk through fire, you shall not be burned, nor will flames consume you. 3 For I, the LORD, am your God, the Holy One of Israel, your savior. I give Egypt as ransom for you, Ethiopia and Seba in exchange for you. 4 Because you are precious in my eyes and honored, and I love you, I give people in return for you and nations in exchange for your life.

John 11:25-26

25 Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, 26 and everyone who lives and believes in me will never die. Do you believe this?"

Prov 3:5-6

Trust in the LORD with all your heart, on your own intelligence do not rely; 6 In all your ways be mindful of him, and he will make straight your paths.

Deut 6:4-9 **The Great Commandment.**

4 Hear, O Israel! The LORD is our God, the LORD alone! 5 Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. 6 Take to heart these words which I command you today. 7 Keep repeating them to your children. Recite them when

you are at home and when you are away, when you lie down and when you get up. 8 Bind them on your arm as a sign and let them be as a pendant on your forehead. 9 Write them on the doorposts of your houses and on your gates.

Jeremiah 29:11

11 For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope.

2 Cor 5:17

So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.

Ps 139:1-24

LORD, you have probed me, you know me: 2 You know when I sit and stand; you understand my thoughts from afar. 3 You sift through my travels and my rest; with all my ways you are familiar. 4 Even before a word is on my tongue, LORD, you know it all. 5 Behind and before you encircle me and rest your hand upon me. 6 Such knowledge is too wonderful for me, far too lofty for me to reach. 7 Where can I go from your spirit? From your presence, where can I flee? 8 If I ascend to the heavens, you are there; if I lie down in Sheol, there you are. 9 If I take the wings of dawn and dwell beyond the sea, 10 Even there your hand guides me, your right hand holds me fast. 11 If I say, "Surely darkness shall hide me, and night shall be my light" 12 Darkness is not dark for you, and night shines as the day. Darkness and light are but one. 13 You formed my inmost being; you knit me in my mother's womb. 14 I praise you, because I am wonderfully made; wonderful are your works! My very self you know. 15 My bones are not hidden from you, When I was being made in secret, fashioned in the depths of the earth. 16 Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be. 17 How precious to me are your designs, O God; how vast the sum of them! 18 Were I to count them, they would outnumber the sands; when I complete them, still you are with me. 19 When you would destroy the wicked, O God, the bloodthirsty depart from me! 20 Your foes who conspire a plot against you are exalted in vain. 21 Do I not hate, LORD, those who hate you? Those who rise against you, do I not loathe? 22 With fierce hatred I hate them, enemies I count as my own. 23 Probe me, God, know my heart; try me, know my thoughts. 24 See if there is a wicked path in me; lead me along an ancient path.

Ps 103:12

As far as the east is from the west, so far has he removed our sins from us.

2 Cor 4:16

Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day.

Isaiah 1:18

Come now, let us set things right, says the LORD: Though your sins be like scarlet, they may become white as snow; Though they be red like crimson, they may become white as wool.

2 Cor 5:19

namely, God was reconciling the world to himself in Christ, not counting their trespasses against them and entrusting to us the message of reconciliation.

Gal 5:1

For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery.

1 Pet 2:24

He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By his wounds you have been healed.

Titus 3:4-7

4 But when the kindness and generous love of God our savior appeared, 5 not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, 6 whom he richly poured out on us through Jesus Christ our savior, 7 so that we might be justified by his grace and become heirs in hope of eternal life.

Rom 11:6

But if by grace, it is no longer because of works; otherwise grace would no longer be grace.

Eph 2:8-9

8 For by grace you have been saved through faith, and this is not from you; it is the gift of God; 9 it is not from works, so no one may boast.

Rom 6:14

For sin is not to have any power over you, since you are not under the law but under grace.

Rom 3:19-20

19 Now we know that what the law says is addressed to those under the law, so that every mouth may be silenced and the whole world stand accountable to God, 20 since no human being will be justified in his sight by observing the law; for through the law comes consciousness of sin.

2 Cor 12:9

but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." I will rather boast most gladly of my weaknesses,* in order that the power of Christ may dwell with me.

2 Cor 12:10

Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong.

Forgiveness is NOT...

1. **Forgiveness is not a feeling.** Forgiveness *does not* mean you should ignore your feelings.
2. **Forgiveness is not pretending you were not hurt.** Forgiveness *does not* mean it never happened. Forgiveness *does not* mean everything is okay now.
3. **Forgiveness is not saying what the person did is okay.** Forgiveness *is not* condoning what the person did to you.
4. **Forgiveness is not trusting the offender.** Forgiveness *does not* rebuild trust automatically. Forgiveness *does not* mean you have to include the person in your life.
5. **Forgiveness is not the same as reconciliation.**
6. **Forgiveness is not relieving the person of responsibility.** Forgiveness *does not* remove all consequences of wrongdoing. Forgiveness *does not* mean you need to tell the person that he/she is forgiven.
7. **Forgiveness is not giving permission to continue hurtful behaviors.** Forgiveness *does not* mean you are letting someone ‘off the hook’. Forgiveness *does not* mean you have to include the person in your life.
8. **Forgiveness is not avoidance.**
9. **Forgiveness is not excusing.**
10. **Forgiveness is not neglecting justice.** Forgiveness *does not* mean that you need to protect the person from the consequences of his/her actions.
11. **Forgiveness does not destroy memory.** Forgiveness *does not* mean you minimize or forget the offense. Forgiveness *does not* mean that you are required to hide the truth for the sake of keeping the peace.
12. Then Peter came and said to him, “...how often should I forgive? As many as seven times?” Jesus said to him, “Not seven times, but, I tell you, seventy-seven times.” *Matt 18:21-23*

Genuine forgiveness is the only thing that will keep roots of bitterness from choking us. It’s the only thing that will tear down walls of hurt that will otherwise isolate individuals. Forgiveness must be continuous. **Am I ready to forgive?**

Luke, Chapter 15

The Parable of the Lost Sheep. The tax collectors and sinners were all drawing near to listen to him, 2 but the Pharisees and scribes began to complain, saying, “This man welcomes sinners and eats with them.” 3 So to them he addressed this parable. 4 “What man among you having a hundred sheep and losing one of them would not leave the ninety-nine in the desert and go after the lost one until he finds it? 5 And when he does find it, he sets it on his shoulders with great joy 6 and, upon his arrival home, he calls together his friends and neighbors and says to them, ‘Rejoice with me because I have found my

lost sheep.’ 7 I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance.

The Parable of the Lost Coin. 8 “Or what woman having ten coins and losing one would not light a lamp and sweep the house, searching carefully until she finds it? 9 And when she does find it, she calls together her friends and neighbors and says to them, ‘Rejoice with me because I have found the coin that I lost.’ 10 In just the same way, I tell you, there will be

rejoicing among the angels of God over one sinner who repents.”

The Parable of the Lost Son. 11 Then he said, “A man had two sons, 12 and the younger son said to his father, ‘Father, give me the share of your estate that should come to me.’ So the father divided the property between them. 13 After a few days, the younger son collected all his belongings and set off to a distant country where he squandered his inheritance on a life of dissipation. 14 When he had freely spent everything, a severe famine struck that country, and he found himself in dire need. 15 So he hired himself out to one of the local citizens who sent him to his farm to tend the swine. 16 And he longed to eat his fill of the pods on which the swine fed, but nobody gave him any. 17 Coming to his senses he thought, ‘How many of my father’s hired workers have more than enough food to eat, but here am I, dying from hunger. 18 I shall get up and go to my father and I shall say to him, “Father, I have sinned against heaven and against you. 19 I no longer deserve to be called your son; treat me as you would treat one of your hired workers.”’ 20 So he got up and went back to his father. While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and

kissed him. 21 His son said to him, ‘Father, I have sinned against heaven and against you; I no longer deserve to be called your son.’ 22 But his father ordered his servants, ‘Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet. 23 Take the fattened calf and slaughter it. Then let us celebrate with a feast, 24 because this son of mine was dead, and has come to life again; he was lost, and has been found.’ Then the celebration began. 25 Now the older son had been out in the field and, on his way back, as he neared the house, he heard the sound of music and dancing. 26 He called one of the servants and asked what this might mean. 27 The servant said to him, ‘Your brother has returned and your father has slaughtered the fattened calf because he has him back safe and sound.’ 28 He became angry, and when he refused to enter the house, his father came out and pleaded with him. 29 He said to his father in reply, ‘Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends. 30 But when your son returns who swallowed up your property with prostitutes, for him you slaughter the fattened calf.’ 31 He said to him, ‘My son, you are here with me always; everything I have is yours. 32 But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.’”

WWP: Opening Your Heart

Lesson 11 – What Does the Sacrament of Penance Have to Do With my Friendship With Christ?

Appendix 4: Confession By The Numbers. (Pgs. 278-9)

9 Confessional Promises

1. Pardon and Mercy
2. Reconciliation
3. A Welcome from the Father
4. A second “Baptism”
5. Interior change
6. A new heart
7. A just penance
8. The strictest secrecy
9. Strength for the battle

10 Reasons to Confess

Human Reasons:

1. Sin aggravates you
2. Sin makes you aggravating

3. We need to SAY it (*not just regret it*)
4. Confessing helps you know yourself.
5. Confessing strengthens us (*by grace. CCC1865 “Sin creates proclivity to sin.” (definition proclivity: tendency, natural/habitual inclination)*)

Spiritual Reasons:

6. Freedom means choices count (*unconfessed mortal sin causes eternal death, our freedom has the power to make choices forever, with no turning back*)
7. Confession makes you freer (*makes consciences more alert/open, helps us mature*)
8. Confession is a personal encounter with Christ
9. Confessing mortal sin is required (*i.e. pg 279*)
10. You also tidy “venial” messes in your house

Lesson 11 – continued

Exodus 34:6

So the LORD passed before him and proclaimed: The LORD, the LORD, a God gracious and merciful, slow to anger and abounding in love and fidelity, (v. 7 reads: *continuing his love for a thousand generations, and forgiving wickedness, rebellion, and sin*)

Isaiah 49:15

Can a mother forget her infant,
be without tenderness for the child of her womb?
Even should she forget, I will never forget you.

Ephesians 2:4-5

But God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ (by grace you have been saved),

Genesis 3:8-10

When they heard the sound of the LORD God walking about in the garden at the breezy time of the

day, the man and his wife hid themselves from the LORD God among the trees of the garden. The LORD God then called to the man and asked him: Where are you? 1 He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid."

Romans 37-39

For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

John 8:34

Jesus answered them, "Amen, amen, I say to you, everyone who commits sin is a slave of sin.

2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Plenary indulgence

I. The usual conditions for every plenary indulgence:

- sacramental confession [according to previously issued norms, within about 20 days before or after]
- Eucharistic communion [according to previously issued norms, preferably on the day, or the days before or after]
- prayer for the intentions of Supreme Pontiff [certain prayers are not specified]

II. The specific conditions for this Indulgence

On Divine Mercy Sunday

- in any church or chapel, in a spirit that is completely detached from the affection for a sin, even a venial sin, take part in the prayers and devotions held in honor of Divine Mercy
- **or**, in the presence of the Blessed Sacrament exposed or reserved in the tabernacle, recite the Our Father and the Creed, adding a devout prayer to the merciful Lord Jesus (i.e. Merciful Jesus, I trust in you!)"

Partial Indulgence

A partial indulgence, granted to the faithful who, at least with a contrite heart, pray to the merciful Lord Jesus a legitimately approved invocation. [i.e. Jesus I trust in You. My Jesus mercy. or any other approved invocation]

Those who cannot go to church or the seriously ill

Conditions for a Plenary Indulgence:

- totally detesting any sin,
- the intention of fulfilling as soon as possible the three usual conditions of confession, communion, and prayers for the Holy Father
- recite the Our Father and the Creed before a devout image of Our Merciful Lord Jesus
- pray a devout invocation to the Merciful Lord Jesus (i.e. Merciful Jesus, I trust in you).

If it is impossible to do even this:

- with a spiritual intention unite with those carrying out the prescribed practice for obtaining the Indulgence in the usual way and
- offer to the Merciful Lord a prayer and the sufferings of their illness and the difficulties of their lives, with the resolution to accomplish as soon as possible the three conditions prescribed to obtain the plenary indulgence.

The Feast of Divine Mercy

During the course of Jesus' revelations to Saint Faustina on the Divine Mercy He asked on numerous occasions that a feast day be dedicated to the Divine Mercy and that this feast be celebrated on the Sunday after Easter. The liturgical texts of that day, the 2nd Sunday of Easter, concern the institution of the Sacrament of Penance, the Tribunal of the Divine Mercy, and are thus already suited to the request of Our Lord. This Feast, which had already been granted to the nation of Poland and been celebrated within Vatican City, was granted to the Universal Church by Pope John Paul II on the occasion of the canonization of Sr. Faustina on 30 April 2000. In a decree dated 23 May 2000, the Congregation for Divine Worship and the Discipline of the Sacraments stated that "throughout the world the Second Sunday of Easter will receive the name Divine Mercy Sunday, a perennial invitation to the Christian world to face, with confidence in divine benevolence, the difficulties and trials that mankind will experience in the years to come." These papal acts represent the highest endorsement that the Church can give to a private revelation, an act of papal infallibility proclaiming the certain sanctity of the mystic, and the granting of a universal feast, as requested by Our Lord to St. Faustina.



Concerning the Feast of Mercy Jesus said to Sister Faustina:

Whoever approaches the Fountain of Life on this day will be granted complete forgiveness of sins and punishment. (*Diary 300*)

I want the image solemnly blessed on the first Sunday after Easter, and I want it to be venerated publicly so that every soul may know about it. (*Diary 341*)

<https://www.ewtn.com/devotionals/mercy/feast.htm>

This Feast emerged from the very depths of My mercy, and it is confirmed in the vast depths of my tender mercies. (*Diary 420*)

On one occasion, I heard these words: My daughter, tell the whole world about My Inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially for poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy. **The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment.** * [*our emphasis*] On that day all the divine floodgates through which grace flow are opened. Let no soul fear to draw near to Me, even though its sins be as scarlet. My mercy is so great that no mind, be it of man or of angel, will be able to fathom it throughout all eternity. Everything that exists has come forth from the very depths of My most tender mercy. Every soul in its relation to Me will contemplate My love and mercy throughout eternity. The Feast of Mercy emerged from My very depths of tenderness. It is My desire that it be solemnly celebrated on the first Sunday after Easter. Mankind will not have peace until it turns to the Fount of My Mercy. (*Diary 699*)

Yes, the first Sunday after Easter is the Feast of Mercy, but there must also be deeds of mercy, which are to arise out of love for Me. You are to show mercy to our neighbors always and everywhere. You must not shrink from this or try to absolve yourself from it. (*Diary 742*)

I want to grant complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My mercy. (*Diary 1109*)

As you can see the Lord's desire for the Feast includes the solemn, public veneration of the Image of Divine Mercy by the Church, as well as personal acts of veneration and mercy. The great promise for the individual soul is that a devotional act of sacramental penance and Communion will obtain for that soul the plenitude of the divine mercy on the Feast.

**The Cardinal of Krakow, Cardinal Macharski, whose diocese is the center of the spread of the devotion and the sponsor of the Cause of Sr. Faustina, has written that we should use Lent as preparation for the Feast and confess even before Holy Week! So, it is clear that the confessional requirement does not have to be met on the Feast itself. That would be an impossible burden for the clergy if it did. The Communion requirement is easily met that day, however, since it is a day of obligation, being Sunday. We would only need confession again, if received earlier in Lenten or Easter Season, if we were in the state of mortal sin on the Feast.*

Diary, Saint Maria Faustina Kowalska, Divine Mercy in My Soul (c) 1987 Congregation of Marians of the Immaculate Conception, Stockbridge, MA 01263. All rights reserved. Used with permission.

Ex 12:3-8

3Tell the whole community of Israel: On the tenth of this month every family must procure for itself a lamb, one apiece for each household. 4If a household is too small for a lamb, it along with its nearest neighbor will procure one, and apportion the lamb's cost in proportion to the number of persons, according to what each household consumes. 5Your lamb must be a year-old male and without blemish. You may take it from either the sheep or the goats. 6You will keep it until the fourteenth day of this month, and then, with the whole community of Israel assembled, it will be slaughtered during the evening twilight. 7They will take some of its blood and apply it to the two doorposts and the lintel of the houses in which they eat it. 8They will consume its meat that same night, eating it roasted with unleavened bread and bitter herbs. 9

Jn 1:29

29The next day he saw Jesus coming toward him and said, "Behold, the Lamb of God,* who takes away the sin of the world.†

Mt 26:26-28

26 While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." 27Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, 28 for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.

Ex 16:4

4Then the LORD said to Moses, "I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.

Ex 16:31

31The house of Israel named this food manna. It was like coriander seed, white, and it tasted like wafers made with honey.

Jn 6:22-69 The Bread of Life Discourse.

22 The next day, the crowd that remained across the sea saw that there had been only one boat there, and that Jesus had not gone along with his disciples in the boat, but only his disciples had left. 23 Other boats came from Tiberias near the place where they had eaten the bread when the Lord gave thanks. 24When the crowd saw that neither Jesus nor his disciples

were there, they themselves got into boats and came to Capernaum looking for Jesus. 25And when they found him across the sea they said to him, "Rabbi, when did you get here?" 26Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. 27Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." 28So they said to him, "What can we do to accomplish the works of God?" 29Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." 30So they said to him, "What sign can you do, that we may see and believe in you? What can you do? 31 Our ancestors ate manna in the desert, as it is written:

'He gave them bread from heaven to eat.'"

32So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. 33For the bread of God is that which comes down from heaven and gives life to the world."

34 So they said to him, "Sir, give us this bread always." 35 Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst. 36But I told you that although you have seen [me], you do not believe. 37Everything that the Father gives me will come to me, and I will not reject anyone who comes to me, 38because I came down from heaven not to do my own will but the will of the one who sent me. 39And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it [on] the last day. 40For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day."

41The Jews murmured about him because he said, "I am the bread that came down from heaven," 42and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" 43Jesus answered and said to them, "Stop murmuring* among yourselves. 44No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. 45It is written in the prophets:

'They shall all be taught by God.'

Everyone who listens to my Father and learns from him comes to me. 46Not that anyone has seen the

Father except the one who is from God; he has seen the Father. 47Amen, amen, I say to you, whoever believes has eternal life. 48I am the bread of life. 49Your ancestors ate the manna in the desert, but they died; 50this is the bread that comes down from heaven so that one may eat it and not die. 51I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

52The Jews quarreled among themselves, saying, “How can this man give us [his] flesh to eat?”

53Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

54Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. 55For my flesh is true food, and my blood is true drink. 56

Whoever eats my flesh and drinks my blood remains in me and I in him. 57Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. 58This is the bread that came down from heaven.

Unlike your ancestors who ate and still died, whoever eats this bread will live forever.” 59These things he said while teaching in the synagogue in Capernaum.

(The Words of Eternal Life.)

60Then many of his disciples who were listening said, “This saying is hard; who can accept it?”

61Since Jesus knew that his disciples were murmuring about this, he said to them, “Does this shock you? 62What if you were to see the Son of Man ascending to where he was before? 63It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life. 64But there are some of you who do not believe.” Jesus knew from the beginning the ones who would not believe and the one who would betray him. 65And he said, “For this reason I have told you that no one can come to me unless it is granted him by my Father.”

66As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him. 67Jesus then said to the Twelve, “Do you also want to leave?” 68Simon Peter answered him, “Master, to whom shall we go? You have the words of eternal life. 69We have come to believe and are convinced that you are the Holy One of God.”

WWP: Opening Your Heart

Lesson 13 --- How Can I Conquer My Fears?

Mt 14:22-33

The Walking on the Water. Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them, walking on the sea. When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once [Jesus] spoke to them, “Take courage, it is I; do not be afraid.” Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” Immediately Jesus stretched out his hand and caught him, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”

2 Tim 1:7

For God did not give us a spirit of cowardice but rather of *power* and *love* and *self-control*.

John 16:33

I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world.

Deut 31:6

Be strong and steadfast; have no fear or dread of them, for it is the LORD, your God, who marches with you; he will never fail you or forsake you.

Ps 27:1

The LORD is my light and my salvation; whom should I fear? The LORD is my life’s refuge; of whom should I be afraid?

John 8:12

Jesus spoke to them again, saying, “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.”

Is 41:10

Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.

Rm 8:28

We know that all things work for good for those who love God, who are called according to his purpose.

Prov 29:25

Fear of others becomes a snare, but the one who trusts in the LORD is safe.

Rm 8:31

What then shall we say to this? If God is for us, who can be against us?

Gal 1:10

Am I now currying favor with human beings or God? Or am I seeking to please people? If I were still trying to please people, I would not be a slave of Christ.

Col 3:23

Whatever you do, do from the heart, as for the Lord and not for others,

John 10:10

A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly.

1 Tim 6:17

Tell the rich in the present age not to be proud and not to rely on so uncertain a thing as wealth but rather on God, who richly provides us with all things for our enjoyment.

Is 30:18

Truly, the LORD is waiting to be gracious to you, truly, he shall rise to show you mercy; For the LORD is a God of justice: happy are all who wait for him!

1 Cor 10:13

No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.

Dr. Brene Brown -- Vulnerability Research

Books: Rising Strong

Daring Greatly

Gifts of Imperfection

I Thought It Was Just Me (But It Isn't)

Dr. Brené Brown is a research professor at the University of Houston Graduate College of Social Work. Brené's 2010 TEDx Houston talk, [The Power of Vulnerability](#), has been viewed more than 20 million times and is one of the top five most viewed TED talks in the world.

She has spent the past 13 years studying vulnerability, courage, worthiness, and shame. [Brené](#) is the author of two #1 *New York Times* bestsellers: [Daring Greatly](#) and [The Gifts of Imperfection](#). Her brand-new book is titled [Rising Strong](#). In it, she writes, "If we are brave enough, often enough, we will fall. This is a book about what it takes to get back up."

She is also the founder and CEO for [The Daring Way™](#), an organization that brings her work on vulnerability, courage, shame and worthiness to organizations, schools, communities, and families

http://www.oprah.com/own-super-soul-sunday/Dr-Brene-Browns-Five-Lessons-on-Vulnerability-and-Shame-Video_1

https://www.ted.com/talks/brene_brown_on_vulnerability

<https://www.youtube.com/playlist?list=PLmvK0QBfWqL2G5B2vRIK3kgRO6P47Mm1u>

<http://www.courageworks.com/2015/11/living-brave-interview-oprah>

(intro) Psalm 34:19

The LORD is close to the brokenhearted, saves those whose spirit is crushed.

Isaiah 55:8-9

For my thoughts are not your thoughts, nor are your ways my ways—oracle of the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, my thoughts higher than your thoughts.

Proverbs 3:5

Trust in the LORD with all your heart, on your own intelligence do not rely;

Psalm 9:11

Those who know your name trust in you; you never forsake those who seek you, LORD.

Psalm 16:11

You will show me the path to life, abounding joy in your presence, the delights at your right hand forever.

James 1:2

Consider it all joy, my brothers, when you encounter various trials,

1Peter 1:8-9

Although you have not seen him you love him; even though you do not see him now yet believe in him, you rejoice with an indescribable and glorious joy, as you attain the goal of [your] faith, the salvation of your souls.

Hebrews 12:2

while keeping our eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right of the throne of God.

John 16:22

So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you.

Hebrews 12:5-11

5 You have also forgotten the exhortation addressed to you as sons: “My son, do not disdain the discipline of the Lord or lose heart when reproved by him; **6** for whom the Lord loves, he disciplines; he scourges every son he acknowledges.” **7** Endure your trials as

“discipline”; God treats you as sons. For what “son” is there whom his father does not discipline? **8** If you are without discipline, in which all have shared, you are not sons but bastards. **9** Besides this, we have had our earthly fathers to discipline us, and we respected them. Should we not [then] submit all the more to the Father of spirits and live? **10** They disciplined us for a short time as seemed right to them, but he does so for our benefit, in order that we may share his holiness. **11** At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it.

Job 23:2-9

Today especially my complaint is bitter, his hand is heavy upon me in my groanings. Would that I knew how to find him, that I might come to his dwelling! I would set out my case before him, fill my mouth with arguments; I would learn the words he would answer me, understand what he would say to me. Would he contend against me with his great power? No, he himself would heed me! There an upright man might argue with him, and I would once and for all be delivered from my judge. But if I go east, he is not there; or west, I cannot perceive him; The north enfolds him, and I cannot catch sight of him; The south hides him, and I cannot see him.

Psalm 13:1 (*book misprint, should say Ps 13:2*)**Psalm 13:2**

1 For the leader. A psalm of David.

2 How long, LORD? Will you utterly forget me? How long will you hide your face from me²

Psalm 100:5

good indeed is the LORD, His mercy endures forever, his faithfulness lasts through every generation.

Romans 8:31-32

What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?

2 Peter 3:9

The Lord does not delay his promise, as some regard “delay,” but he is patient with you, not wishing that any should perish but that all should come to repentance.

On page 193, the verse in question 2 should be Luke 2:34-35 (not Luke 1:34-35).

Luke 1:26-38

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "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. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

Eph 1:5-8

...he destined us for adoption to himself through Jesus Christ, in accord with the favor of his will, for the praise of the glory of his grace that he granted us in the beloved.

Luke 1:28-30

And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God.

Luke 1:38

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

Luke 1:45

Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

John 11:40

Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?"

James 1:3

...for you know that the testing* of your faith produces perseverance.

Luke 1:42-45

...and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

Luke 1:46-47

And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior.

Luke 2:34-35

...and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed."

John 19 :25

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

Romans 3:23

...all have sinned and are deprived of the glory of God.

Romans 6:23

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. But God proves his love for us in that while we were still sinners Christ died for us.

Romans 5:8

But God proves his love for us in that while we were still sinners Christ died for us.

2 Cor 5:21

For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.

Titus 3:4-5

But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit.

WWP: OYH

Lesson 17 --- Can God Really Change Me or is That Just Wishful Thinking?**Rom 6:14**

For sin is not to have any power over you, since you are not under the law but under grace.

Rom 8:2

For the law of the spirit of life in Christ Jesus has freed you from the law of sin and death.

2 Cor 10:3-5

3For, although we are in the flesh, we do not battle according to the flesh, 4for the weapons of our battle are not of flesh but are enormously powerful, capable of destroying fortresses. We destroy arguments 5and every pretension raising itself against the knowledge of God, and take every thought captive in obedience to Christ,

Eph 6:13-17

13Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. 14So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, 15and your feet shod in readiness for the gospel of peace. 16In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one. 17And take the helmet of salvation and the sword of the Spirit, which is the word of God.

Eph 6:18

With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones

2 Cor 5:17

So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.

1 Cor 15:33

Then we are also false witnesses to God, because we testified against God that he raised Christ, whom he did not raise if in fact the dead are not raised.

Col 3:1-10

Mystical Death and Resurrection. 1If then you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. 2Think of what is above, not of what is on earth. 3For you have died, and your life is hidden with Christ in God. 4When Christ your life appears, then you too will appear with him in glory.

Renunciation of Vice. 5Put to death, then, the parts of you that are earthly: immorality, impurity, passion, evil desire, and the greed that is idolatry. 6Because of these the wrath of God is coming [upon the disobedient]. 7By these you too once conducted yourselves, when you lived in that way. 8But now you must put them all away: anger, fury, malice, slander, and obscene language out of your mouths. 9Stop lying to one another, since you have taken off the old self with its practices 10 and have put on the new self, which is being renewed, for knowledge, in the image of its creator.

Lk 9:23

Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.

Lk 9:24

For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it.

Mt 10:34-39

"Do not think that I have come to bring peace upon the earth. I have come to bring not peace but the sword. For I have come to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's enemies will be those of his household." "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

Eph 4:2

(Bearing with one another through love,)

2 with all humility and gentleness, with patience, bearing with one another through love, 3 striving to preserve the unity of the spirit through the bond of peace:

Eph 4:26

Be angry but do not sin; do not let the sun set on your anger,

Eph 4:29

No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear.

Eph 4:32

[And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Ps 147:3

Healing the brokenhearted, and binding up their wounds.

Lk 22:31

"Simon, Simon, behold Satan has demanded to sift all of you like wheat,

1 Pt 5:8

Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour

1 Cor 16:13

Be on your guard, stand firm in the faith, be courageous, be strong.

Mt 18:2-4

He called a child over, placed it in their midst, and said, "Amen, I say to you, unless you turn and become like children, you will not enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven.

1 Jn 4:18

There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.

Philippians 4:13

I have the strength for everything through him who empowers me.

Eph 6:12

For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens.

Scripture regarding the existence of the devil:**1 Jn 3:8**

Whoever sins belongs to the devil because the devil has sinned from the beginning. Indeed, the Son of God was revealed to destroy the works of the devil

Mt 4:1-11

Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread. He said in reply, "It is written: One does not live by bread alone, but by every word that comes forth from the mouth of God.'" Then the devil took him to the holy city and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you' and 'with their hands they will support you, lest you dash your foot against a stone. Jesus answered him, "Again

it is written, You shall not put the Lord, your God, to the test. Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.” At this, Jesus said to him, “Get away, Satan! It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’ Then the devil left him and, behold, angels came and ministered to him.

Mk 1:21-27 Then they came to Capernaum, and on the sabbath he entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, “What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.”

Mk 3:11-15 And whenever unclean spirits saw him they would fall down before him and shout, “You are the Son of God.” He warned them sternly not to make him known. **The Mission of the Twelve.** He went up the mountain and summoned those whom he wanted and they came to him. He appointed twelve [whom he also named apostles] that they might be with him and he might send them forth to preach and to have authority to drive out demons:

Mk 5:1-20 They came to the other side of the sea, to the territory of the Gerasenes. When he got out of the boat, at once a man from the tombs who had an unclean spirit met him. The man had been dwelling

among the tombs, and no one could restrain him any longer, even with a chain. In fact, he had frequently been bound with shackles and chains, but the chains had been pulled apart by him and the shackles smashed, and no one was strong enough to subdue him. Night and day among the tombs and on the hillsides he was always crying out and bruising himself with stones. Catching sight of Jesus from a distance, he ran up and prostrated himself before him, crying out in a loud voice, “What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me!” (He had been saying to him, “Unclean spirit, come out of the man!”) He asked him, “What is your name?” He replied, “Legion is my name. There are many of us.” And he pleaded earnestly with him not to drive them away from that territory.

Now a large herd of swine was feeding there on the hillside. And they pleaded with him, “Send us into the swine. Let us enter them.” And he let them, and the unclean spirits came out and entered the swine. The herd of about two thousand rushed down a steep bank into the sea, where they were drowned. The swineherds ran away and reported the incident in the town and throughout the countryside. And people came out to see what had happened. As they approached Jesus, they caught sight of the man who had been possessed by Legion, sitting there clothed and in his right mind. And they were seized with fear. Those who witnessed the incident explained to them what had happened to the possessed man and to the swine. Then they began to beg him to leave their district. As he was getting into the boat, the man who had been possessed pleaded to remain with him. But he would not permit him but told him instead, “Go home to your family and announce to them all that the Lord in his pity has done for you.” Then the man went off and began to proclaim in the Decapolis what Jesus had done for him; and all were amazed.

WWP: Opening Your Heart

Lesson 20 --- What is the Relevance of the Church in My Life?

Mt 16:13-20

13 When Jesus went into the region of Caesarea Philippi he asked his disciples, “Who do people say that the Son of Man is?” 14 They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.” 15 He said to them, “But who do you say that I am?” 16 Simon Peter said in reply, “You are the Messiah, the Son of the living God.” 17 Jesus said to him in reply, “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed

this to you, but my heavenly Father. 18 And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. 19 I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.” 20 Then he strictly ordered his disciples to tell no one that he was the Messiah.

Is 22:15-22

15 Thus says the Lord, the GOD of hosts: Up, go to that official, Shebna, master of the palace, 16 “What have you here? Whom have you here, that you have hewn for yourself a tomb here, Hewing a tomb on high, carving a resting place in the rock?” 17 The LORD shall hurl you down headlong, mortal man! He shall grip you firmly, 18 And roll you up and toss you like a ball into a broad land. There you will die, there with the chariots you glory in, you disgrace to your master’s house! 19 I will thrust you from your office and pull you down from your station. 20 On that day I will summon my servant Eliakim, son of Hilkiyah; 21 I will clothe him with your robe, gird him with your sash, confer on him your authority. He shall be a father to the inhabitants of Jerusalem, and to the house of Judah. 22 I will place the key of the House of David on his shoulder; what he opens, no one will shut, what he shuts, no one will open.

Jn 18:37

37 So Pilate said to him, “Then you are a king?” Jesus answered, “You say I am a king. For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.”

Jn 1:14

14 And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father’s only Son, full of grace and truth.

Matt 18:20

20 For where two or three are gathered together in my name, there am I in the midst of them.”

Gen 2:18

18 The LORD God said: It is not good for the man to be alone. I will make a helper suited to him.

Ecc 4:9-12

9 Two are better than one: They get a good wage for their toil. 10 If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help. 11 So also, if two sleep together, they keep each other warm. How can one alone keep warm? 12 Where one alone may be overcome, two together can resist. A three-ply cord is not easily broken.

Acts 1:14

All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.

Acts 2:42-47

42 They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. 43 Awe came upon everyone, and many wonders and signs were done through the apostles. 44 All who believed were together and had all things in common; 45 they would sell their property and possessions and divide them among all according to each one’s need. 46 Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, 47 praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.

Acts 4:32

32 The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common.

Matt 7:16

16 By their fruits you will know them. Do people pick grapes from thornbushes, or figs from thistles?

Gal 6:9-10

9 Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. 10 So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith.

Matt 9:36-38

36 At the sight of the crowds, his heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd. 37 Then he said to his disciples, “The harvest is abundant, but the laborers are few; 38 so ask the master of the harvest to send out laborers for his harvest.”

Eph 3:20

20 Now to him who is able to accomplish far more than all we ask or imagine, by the power at work within us,

Mark 11:22-23

22 Jesus said to them in reply, “Have faith in God. 23 Amen, I say to you, whoever says to this mountain, ‘Be lifted up and thrown into the sea,’ and does not doubt in his heart but believes that what he says will happen, it shall be done for him.

1 Cor 12:4-7

4 There are different kinds of spiritual gifts but the same Spirit; 5 there are different forms of service but the same Lord; 6 there are different workings but the

same God who produces all of them in everyone. 7 To each individual the manifestation of the Spirit is given for some benefit.

Ps 78:3-4

3 What we have heard and know; things our ancestors have recounted to us. 4 We do not keep them from our children; we recount them to the next generation, The praiseworthy deeds of the LORD and his strength, the wonders that he performed.

Matt 10:8

8 Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give.

Hebrews 12:15

15 See to it that no one be deprived of the grace of God, that no bitter root spring up and cause trouble, through which many may become defiled,

CatholicComeHome.org (video)

https://www.youtube.com/watch?v=IQYeST_9FUG

CCC 553 – Page 247

CCC 771 – Page 247 (continued..)

The Church is at the same time:

- a "society structured with hierarchical organs and the mystical body of Christ;
- the visible society and the spiritual community;
- the earthly Church and the Church endowed with heavenly riches."

These dimensions together constitute "one complex reality which comes together from a human and a divine element":

The Church is essentially both human and divine, visible but endowed with invisible realities, zealous in action and dedicated to contemplation, present in the world, but as a pilgrim, so constituted that in her the human is directed toward and subordinated to the divine, the visible to the invisible, action to contemplation, and this present world to that city yet to come, the object of our quest.

WWP: Opening Your Heart

Lesson 21--- How Do I Read the Bible in a Meaningful Way?

Ps 90:14

Fill us at daybreak with your mercy, that all our days we may sing for joy.

Mark 1:35

Rising very early before dawn, he left and went off to a deserted place, where he prayed.

O humility! O sublimity! Both tabernacle of cedar and sanctuary of God; earthly dwelling and celestial palace; house of clay and royal hall; body of death and temple of light; and at last both object of scorn to the proud and bride of Christ! She is black but beautiful, O daughters of Jerusalem, for even if the labor and pain of her long exile may have discolored her, yet heaven's beauty has adorned her.

CCC 774 - Page 248 (continued)

The Greek word *mysterion* was translated into Latin by two terms: *mysterium* and *sacramentum*. In later usage the term *sacramentum* emphasizes the visible sign of the hidden reality of salvation which was indicated by the term *mysterium*. In this sense, Christ himself is the mystery of salvation: "For there is no other mystery of God, except Christ." The saving work of his holy and sanctifying humanity is the sacrament of salvation, which is revealed and active in the Church's sacraments (which the Eastern Churches also call "the holy mysteries"). The seven sacraments are the signs and instruments by which the Holy Spirit spreads the grace of Christ the head throughout the Church which is his Body. The Church, then, both contains and communicates the invisible grace she signifies. It is in this analogical sense, that the Church is called a "sacrament."

CCC 1548 - Page 248 (continued)

It is the same priest, Christ Jesus, whose sacred person his minister truly represents. Now the minister, by reason of the sacerdotal consecration which he has received, is truly made like to the high priest and possesses the authority to act in the power and place of the person of Christ himself (virtute ac persona ipsius Christi).

Christ is the source of all priesthood: the priest of the old law was a figure of Christ, and the priest of the new law acts in the person of Christ.

CCC 1392 – Page 248

<http://www.scborromeo.org/ccc/para/1392.htm>
(searchable CCC)

John 16:13-14

But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. 14 He will glorify me, because he will take from what is mine and declare it to you.

2 Peter 1:20-21

Know this first of all, that there is no prophecy of scripture that is a matter of personal interpretation, 21 for no prophecy ever came through human will; but rather human beings moved by the holy Spirit spoke under the influence of God.

Matt 7:24-27

24 “Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. 25 The rain fell, the floods came, and the winds blew and buffeted the house. But it did not collapse; it had been set solidly on rock. 26 And everyone who listens to these words of mine but does not act on them will be like a fool who built his house on sand. 27 The rain fell, the floods came, and the winds blew and buffeted the house. And it collapsed and was completely ruined.”

James 4:17

So for one who knows the right thing to do and does not do it, it is a sin.

1 Cor 8:1

Now in regard to meat sacrificed to idols: we realize that “all of us have knowledge”; knowledge inflates with pride, but love builds up.

Ps 139 (When you're lonely..)

LORD, you have probed me, you know me: 2 you know when I sit and stand; you understand my thoughts from afar. 3 You sift through my travels and my rest; with all my ways you are familiar. 4 Even before a word is on my tongue, LORD, you know it all. 5 Behind and before you encircle me and rest your hand upon me. 6 Such knowledge is too wonderful for me, far too lofty for me to reach. 7 Where can I go from your spirit? From your presence, where can I flee? 8 If I ascend to the heavens, you are there; if I lie down in Sheol, there you are. 9 If I take the wings of dawn and dwell beyond the sea, 10 Even there your hand guides me, your right hand holds me fast. 11 If I say, “Surely darkness shall hide me, and night shall be my light”—12 Darkness is not dark for you, and night shines as the day. Darkness and light are but one. 13 You formed my inmost being; you knit me in my mother's womb. 14 I praise you, because I am wonderfully made; wonderful are your works! My very self you know. 15 My bones are not hidden from you, When I was being made in secret, fashioned in the depths of the earth. 16 Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be. 17 How precious to me are your designs, O God; how vast the sum of them! 18 Were I to count them, they would outnumber the sands; when I complete them, still you

are with me. 19 When you would destroy the wicked, O God, the bloodthirsty depart from me! 20 Your foes who conspire a plot against you are exalted in vain. 21 Do I not hate, LORD, those who hate you? Those who rise against you, do I not loathe? 22 With fierce hatred I hate them, enemies I count as my own. 23 Probe me, God, know my heart; try me, know my thoughts. 24 See if there is a wicked path in me; lead me along an ancient path.

Is 43:1-7 (When you're overwhelmed...)

But now, thus says the LORD, who created you, Jacob, and formed you, Israel: Do not fear, for I have redeemed you; I have called you by name: you are mine. 2 When you pass through waters, I will be with you; through rivers, you shall not be swept away. When you walk through fire, you shall not be burned, nor will flames consume you. 3 For I, the LORD, am your God, the Holy One of Israel, your savior. I give Egypt as ransom for you, Ethiopia and Seba in exchange for you. 4 Because you are precious in my eyes and honored, and I love you, I give people in return for you and nations in exchange for your life. 5 Fear not, for I am with you; from the east I will bring back your offspring, from the west I will gather you. 6 I will say to the north: Give them up! and to the south: Do not hold them! Bring back my sons from afar, and my daughters from the ends of the earth: 7 All who are called by my name I created for my glory; I formed them, made them.

Luke 1:46-55 (Magnificat: Praise God w/Mary)

The Canticle of Mary. 46 And Mary said: “My soul proclaims the greatness of the Lord; 47 my spirit rejoices in God my savior. 48 For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. 49 The Mighty One has done great things for me, and holy is his name. 50 His mercy is from age to age to those who fear him. 51 He has shown might with his arm, dispersed the arrogant of mind and heart. 52 He has thrown down the rulers from their thrones but lifted up the lowly. 53 The hungry he has filled with good things; the rich he has sent away empty. 54 He has helped Israel his servant, remembering his mercy, 55 according to his promise to our fathers, to Abraham and to his descendants forever.”

John 3:16-21 (When you need truth...)

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. 17 For God did not send his Son into the world to condemn the world, but that the world might be saved through him. 18 Whoever believes in him will not be condemned, but whoever does not believe has already been

condemned, because he has not believed in the name of the only Son of God. 19 And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. 20 For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. 21 But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

Philippians 4:4-8 (*When you need an attitude adjustment ...*) Rejoice in the Lord always. I shall say it again: rejoice! 5 Your kindness* should be known to all. The Lord is near. 6 Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. 7 Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

James 1:19-27

Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath, 20 for the wrath of a man does not accomplish the righteousness of God. 21 Therefore, put away all filth and evil excess and humbly welcome the word that has been planted in you and is able to save your souls. 22 Be doers of the word and not hearers only, deluding yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks at his own face in a mirror. 24 He sees himself, then goes off and promptly forgets what he looked like. 25 But the one who peers into the perfect law of freedom and perseveres and is not a hearer who forgets but a doer who acts, such a one shall be blessed in what he does. 26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, his religion is vain. 27 Religion that is pure and undefiled before God and the Father is this: to care for orphans and widows in their affliction and to keep oneself unstained by the world.

Rev 2:2-5 (*When you need a kick in the pants!*) “I know your works, your labor, and your endurance, and that you cannot tolerate the wicked; you have tested those who call themselves apostles but are not and discovered that they are impostors. 3 Moreover, you have endurance and have suffered for my name, and you have not grown weary. 4 Yet I hold this

against you: you have lost the love you had at first. 5 Realize how far you have fallen. Repent, and do the works you did at first. Otherwise, I will come to you and remove your lampstand from its place, unless you repent.

Rev 21:3-7 (*When you need hope...*)

I heard a loud voice from the throne saying, “Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them [as their God]. 4 He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away.” 5 The one who sat on the throne said, “Behold, I make all things new.” Then he said, “Write these words down, for they are trustworthy and true.” 6 He said to me, “They are accomplished. I [am] the Alpha and the Omega, the beginning and the end. To the thirsty I will give a gift from the spring of life-giving water. 7 The victor will inherit these gifts, and I shall be his God, and he will be my son. 8 But as for cowards, the unfaithful, the depraved, murderers, the unchaste, sorcerers, idol-worshippers, and deceivers of every sort, their lot is in the burning pool of fire and sulfur, which is the second death.”

The Fullness of the Storm, the Springtime of the Gospel

by Charlie Johnston (*Posted on April 18, 2016*)

As the tumult raises up great chaos and confusion, there will be many times you cannot see the way forward, when you do not understand the ways of the world or even the words of the Church. Let this not dismay you. Rather, choose to believe the words of Our Savior, His promise that the faith of Peter shall not fail – even when you do not understand. Amidst the tumult of economic, military, diplomatic, cultural, and global convulsions, choose to believe the promise of Our Lord that the gates of hell will not prevail [i.e. stand] against His Church – and resolve to join the vanguard assaulting those gates [moving forward] by doing the little right in front of you, by spreading hope, by lighting the candle of those right next to you until the whole world glows in eager expectation of Rescue. Do this even when you cannot see the way forward because of the cloud of dust raised as the walls of temporal edifices fall.