

3.12.22

INTO THE BREACH #10-Sacramental Life

Do you remember your first confession as a child? As a first grader, I remember the older students in my catholic school going to the gym and kneeling in front of the priest to say their confession. I was terrified.

Fortunately, a new church was being built that year and so, when it came time for my confession in second grade, it was at least in the confessional in the new church. I had memorized my sins to say to the priest. Remember your first communion? I think we all can remember our first confession and communion clearly. But, how have the sacraments changed for you personally as an adult? Do you live a sacramental life today?



This morning we want to consider the importance of living a sacramental life.

“This world is a battleground between heaven and hell, between good and evil. And so we need to put on, as Scripture says, the full armor of God. And part of that includes these incredibly powerful channels of grace called the sacraments. All the sacraments are gifts from Jesus that are powerhouses of grace that Jesus gives us to fortify us in the spiritual battle.”*

“The whole of the Christian life is meant to be permeated and marked by the activity of God



in our own lives and the summit of this realization is the Liturgy and the Sacraments. The reception of these sacraments commits us to live a liturgical life, and this does not mean just going to Mass on Sunday and going to Confession once a year. Each and every day is meant to be a living out of sacramental grace and actual grace. Each and every day there is a wealth of grace available because of the sacraments, and we

must respond to them every moment of each day. The question is how this is to be done.”**

*Into the Breach: An Apostolic Exhortation to Catholic men.

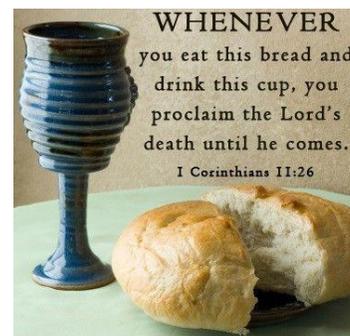
**Our Lady of Lourdes, The Sacramental Life, www.olol.org

View Knights of Columbus You Tube

HOLY SCRIPTURE

John 20:21-23 - Appearance to the Disciples

[Jesus] said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."



John 6:53-57 - The Bread of Life Discourse

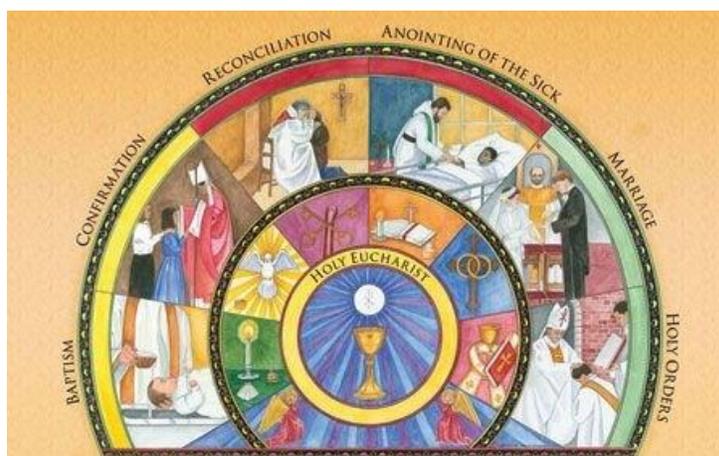
Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just 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."

1 Corinthians 11:26-29 - Tradition of the Institution

"For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself."

Catechism CCC 1113 – Sacramental Life

The whole liturgical life of the Church revolves around the Eucharistic sacrifice and the sacraments. There are seven sacraments in the Church: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony. The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.



MODERN COMMENT



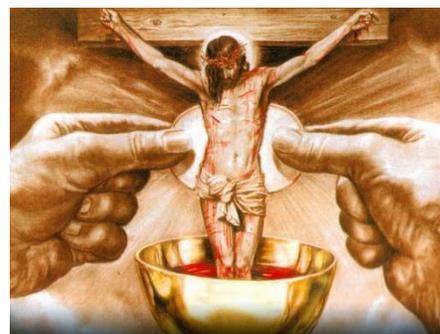
In this episode, Dr. Paul Thigpen characterizes confession as a “field hospital” where we can be healed of the wounds of sin in the midst of our spiritual battle. Jeff Cavins says of confessing our sins, “Be honest about what you’ve done. Own up to it as a man and take the medicine, because God wants you to be restored more than you want to be restored.”

- Does the image of this sacrament as a “field hospital” for healing us—restoring us for the spiritual battle—help men regard this sacrament in a more positive way? Why or why not?

Dr. Tim Gray says that the Mass—as the celebration of Christ’s sacrifice—reminds us that Christ is the absolute model of manhood in two stages: self-mastery (where we exercise natural virtue through self-discipline) and self-donation (where we practice supernatural virtue by making a gift of ourselves out of love for others). The Mass, he says, shows that “manhood is made for sacrifice and heroism.”

Christ is the perfection of masculinity.

“When a family worships together, it draws them together. It helps heal the inevitable little frictions and spats and other things that happen. So the Eucharist is a key for the whole Church, but especially for the domestic church that is the family.” (Bishop Thomas J. Olmsted)



Tour your own parish church. Stay after Mass at your parish and walk around the church to notice the symbolism throughout its art and structures. If you are unsure what a particular symbol or image means, look it up or ask your parish priest. If you have younger children, take them through your church occasionally and point out the parts of the church, the tabernacle, the images in the stained glass, the stations of the cross, and the statuary to help them understand what each represents. Make confession a family activity. Make a habit of taking the whole family to confession once a month. Train them in examining their consciences and model for them the regular practice of visiting the “field hospital” for the spiritual battle.

DISCUSSION QUESTIONS

1. What specific resolutions can you make in order to become a more effective priest, prophet or and king for your family?

2. What practical steps can we take to live our lives according to the heroism we experience at Mass?

3. Does the Mass help you live self-mastery and self-gift? If so, how?



PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou,
O Prince of the heavenly hosts, by the power of God,
cast into hell Satan, and all the evil spirits,
who prowl about the world seeking the ruin of souls. Amen.

Men's Group Calendar

A man who never quits is never defeated. We are ordinary men who labor for Christ.

3/12/2022	MEN'S GROUP	7:00 AM Mass
3/25/2022	Planning Meeting	7:45 AM Meeting Room 2
4/2/2022	Men's Conference	Holiday Inn Rockside
4/9/2022	MEN'S GROUP	7:00 AM Mass
4/22/2022	Planning Meeting	7:45 AM Meeting Room 2

NOTE: A Rosary starts in the Reservation Chapel immediately following the meeting.