FROM THE HOLY FATHER

“It is not the sinner who returns to God to beg His forgiveness, but God Himself who runs after the sinner and makes him return to Him.”

Pope Benedict XVI quoting Saint John Vianney, Letter Proclaiming a Year for Priests

“Even when we have to struggle continually with the same failings, ... It is important to keep pressing forward, without scrupulosity, in the grateful awareness that God forgives us ever anew—yet also without the indiscipline that might lead us to abandon altogether the struggle for holiness and self-improvement.

Moreover, by letting myself be forgiven, I learn to forgive others.

In recognizing my own weakness, I grow more tolerant and understanding of the failings of my neighbour.”

Pope Benedict XVI, Letter to Seminarians

UNDERSTANDING SIN AND SINFULNESS

“What I do, I do not understand. For I do not do what I want, but I do what I hate. ... The willing is ready at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want. ... So, then, I discover the principle that when I want to do right, evil is at hand. ... Miserable one that I am! Who will deliver me from this mortal body?”

Romans 7:15-24

SIN

The fruit of sinfulness.
Commission.
Omission.
Example #1
Obsessive materialism.
Example #2
Promiscuity

SINFULNESS

This is the source of the action of sin.
Attitudes ... structures of belief ... the way we think ...
lies or vows we can’t break
Example #1
“I don’t have what it takes to be a man”
Example #2
“I’m abandoned”

PAIN

When we are wounded our hearts are pierced
This pain is the root of sinfulness
Example #1
Feeling as if your father rejected you
Example #2
Your parents divorced at an early age

Special thanks to Bob Schuchts, Ph.D. for his contribution and specialty
We Are Wounded.

Wounds
- Pain the pierces the heart.
- For example:
  - Sexual abuse
  - Physical abuse
  - Divorce
  - Absent father
  - Humiliation
  - Rejection

What I Believe Influences What I Do

Fruit—Sins of Flesh
- Rage, revenge, retaliation,
  - murder, violence, malice,
  - verbal abuse, insults, slander

Isolation from God
- "I am not loved ...
  - no one wants or desires me ...
  - I am not good enough ...
  - I am not valued or important."
- "If I trust I'll be hurt ...
  - I need to protect myself or
    something bad will happen."
- "I feel helpless ...
  - I don't know what to do ...
    everything is out of control"

Lies
- "I never trust ...
  - I'll do it on my own ...
    I'll always be in control"
- "I'll never trust ...
  - I'll do it on my own ...
    I'll always be in control"

Lies
- "It was my fault"
- "My dad doesn't love me"
- "it was destined to happen"
- "God's presence"
- "God abandoned me"

Inner Vows
- Promises we make to ourselves
  - out of fear, lies, and pain.
    - "I will never be like
      my mother, father, brother, abuser"
    - "I will not trust or be vulnerable"

We Ask, "Why?"

We Hold on to Lies
- Lies
  - insulate us from
    the pain

We Don't Like the Lies

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Injuries
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