

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 indifference 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

Ask God to reveal your patterns of sin.

Ask God to reveal the attitudes, thoughts, or lies feeding those patterns.

Ask God to reveal the root of the attitudes.

Be patient ... this may bring you back to a pain-filled memory.

Ask God to show you where he was in the memory.

Ask God to reveal the lies you believed.

Ask God to reveal the promises you made because of the lies.

Ask God to reveal the truth.



**"I AM THE WAY , THE TRUTH, AND THE LIFE
THE TRUTH WILL SET YOU FREE!"**



THE INSTITUTE FOR PRIESTLY FORMATION



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

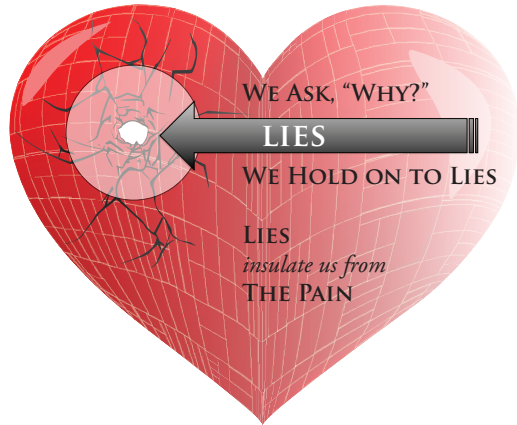
Example #2

Your parents divorced at an early age

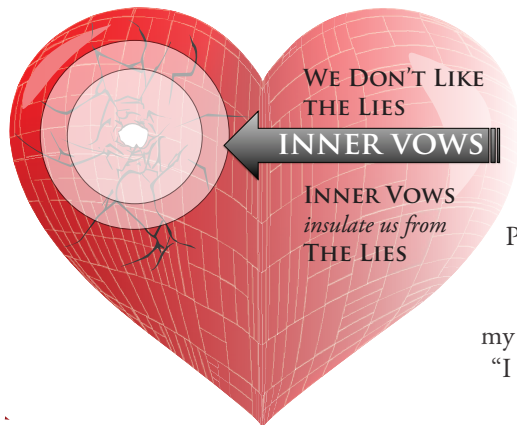
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WOUNDS
 Pain pierces the heart.
 For example:
 Sexual abuse
 Physical abuse
 Divorce
 Absent father
 Humiliation
 Rejection



LIES
 ... about ourself
 "It was my fault"
 ... about others
 "My dad doesn't love me"
 ... about the situation
 "it was destined to happen"
 ... about 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"

WHAT I BELIEVE INFLUENCES WHAT I DO

