

Sober Intoxication of the Spirit

A Spiritual Renewal

“

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and we shall be created. And you shall renew the face of the earth.

”

Intoxication of the Spirit

“

For these men are not drunk, as you suppose...

- Acts 2:15

”

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Sober Intoxication of the Spirit

“

An intoxication of the Spirit, in the way it happened on the Day of Pentecost, depends on God; being sober, however is our part.

- Fr. Raniero Cantalamessa

”

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The Root of Humility

“

Learn from me;
For I am gentle and humble in heart.

- Matthew 11:29

”

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Dizzying Descent

Condescension

God made Himself small so that He could approach man and descend to his level.

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Filled with the Holy Spirit

“

Hail, full of grace, the Lord is with you!

The Holy Spirit will come upon you, and the power of the Most High will overshadow you.

- Luke 1: 28-35

”

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Mary's Song of Praise

“

My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden.

”

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The Fall of Pride

“

How you are fallen from heaven ... You said in your heart, 'I will ascend to heaven; above the stars of God I will set my throne on high; I will sit on the mount of assembly in the far north; I will ascend above the heights of the clouds, I will make myself like the Most High.' But you are brought down to Sheol, to the depths of the Pit.

- Isaiah 14:12-15

”

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Deceived by Pride

“

The pride of your heart has deceived you, You ... Whose habitation is high ... Though you ascend as high as the eagle, And though you set your nest among the stars, From there I will bring you down," says the LORD.

- Obadiah 1:3-4

”

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Fallen

“

I saw Satan fall like lightning from heaven.

- Luke 10:18

”

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Pathway to Destruction

“

Pride goes before destruction, and a haughty spirit before a fall.

- Proverbs 16:18

”

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Leviathan

“

His heart is hard as a stone, hard as the nether millstone ... He beholds everything that is high; he is king over all the sons of pride.

- Job 41:24-34

”

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Sobriety of Spirit

“

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. Resist him...

- 1 Peter 5:8-9

”

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From Nothing to Everything

“

When I look at the heavens, the work of your fingers, the moon and the stars which you have established; what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him little less than God, and crown him with glory and honor ... O Lord, our Lord, how majestic is thy name in all the earth!

- Psalm 8:3-9

”

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The Power of Prayer

“

If you can change the way a man prays, there is not anything in him that you cannot change.

- Fr. Michael Scanlan

”

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Litany of Humility

“

O Jesus, meek and humble of heart,
Hear me.

”

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Section 1: From Desire - Deliver me, O Jesus

“

From the desire of being esteemed ...
From the desire of being loved ...
From the desire of being extolled ...
From the desire of being honored ...
From the desire of being praised ...
From the desire of being preferred to others ...
From the desire of being consulted ...
From the desire of being approved ...

”

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Section 2: From Fear - Deliver me, O Jesus

“

From the fear of being humiliated ...
From the fear of being despised ...
From the fear of suffering rebukes ...
From the fear of being calumniated ...
From the fear of being forgotten ...
From the fear of being ridiculed ...
From the fear of being wronged ...
From the fear of being suspected ...

”

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Section 3: For Others: Jesus, grant me the grace to desire it.

“

That others may be loved more than I ...
That others may be esteemed more than I ...
That, in the opinion of the world, others may increase
and I may decrease ...
That others may be chosen and I set aside ...
That others may be praised and I go unnoticed ...
That others may be preferred to me in everything ...
That others may become holier than I, provided that I
may become as holy as I should ...

”

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Session 14

- **What are your thoughts on the pride in the world vs. the humility that Our Lord is calling us to? In what ways does humility actually help us succeed in our careers, with our co-workers, friends, family, and within our own mental and spiritual health?**
- **In the practicalities of your everyday life, what opportunities do you have to “come down” and meet people where they are in theirs? With your spouse, your children, your co-workers?**