

EPH WK 5: READ: Eph 4: A Life Worthy of Your Calling (Duration: 18:18)

FAMILY: Each member has a *role* in the family; only see fruitfulness of the family when *inside* the family.

EPH 1-3: Orthodoxy (Believing right things)

EPH 4 - 6: Orthopraxy (Practicing what we believe)

Church mission: Revealing Jesus to the world

Divine Revelation: God's *words* and *deeds* communicate with one another; our response to *orthodoxy* and *orthopraxy* should be same; have *unity of body of Christ*; believing is not enough, put into practice

Depth of God's love: *Height* and *breath*; amazing plan

Paul (Eph 4:1): Therefore I, Paul, a prisoner for the Lord, beg you to walk in a manner worthy of the calling to which you have been called, with all lowliness and meekness with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace.

There's one body and one Spirit, just as you were called to the *one hope* that belongs to your call, *one*

Lord, one faith, one baptism, one God and Father of a soul, who is *above all* and *through all* and *in all*.

Humility: Automatic unity in the body of Christ by means of the Holy Spirit. The Holy Spirit brings a unity together Unity of the Spirit: Meekness has to do with being *teachable*; if not *teachable*, cannot *learn*; if cannot *learn*, cannot progress in the spiritual life; having a **heart of humility**³

Patience: Renouncing our own agenda! (St John Chrysostom: *You need a wideness of soul to endure difficulties*; One thing to say *we believe* in Jesus, another to say *we bear* each other; about *relationships* as reflection of our *relationship* with Jesus

Verse 4: *You have been called* (included); begins within Church then out to the world; the world *sees* our love for one another and are drawn to know more; more about the one Father who brings us all together through His son

Verse 15: *Speak the truth in love* but in a *certain way*, in a *loving, tender, merciful, compassionate way*; our responsibility to act *together* to *speak the truth in love*; Pope Benedict XVI, *Only in truth does love shine forth*; only in *truth* can love be *authentically lived*; truth gives meaning and value to love; a culture without *truth* leads to abuse, distortion and becomes the opposite; *Charity* reflects personal yet public dimension of faith (and love)

Theology of our bodies: If we *image* Christ, we will speak truth in love; **truthing**= acts of charity, chastity, *covenant faithfulness*; how we witness *can be right* but carried out completely *wrong*

Verse 26: *Be angry, but do not sin*; CCC 1772-1774), ¹⁷⁷²*The principal passions are love and hatred, desire, fear, joy, sadness, and anger.* (Normal)...¹⁷⁷³*In the passions as movements of the sensitive appetite. There is neither moral good nor evil in them.* ¹⁷⁷⁴*Emotions and feelings can be taken up in the virtues or perverted by the vices. Emotions not always wrong (righteous indignation-call to change); anger has a purpose*

3 Options of Anger: 1. Drop it, 2. Offer it up, 3. Do something. Know your *trigger points* (lack of sleep, stress, diet, alcohol, habits of others;

MESSAGE: Take-a-way: 1. Go out and live the Gospel; learn your *trigger points* and pray; 2. Seek to know how wide is your soul? (patience); People notice when a person's life is transformed by Christ

EPH 6: READ: Eph 5:1-20: Be Imitators of God (Duration: 24:52)

REVIEW: Chapters 1-3 focused on *right believing* (theology, doctrine-*orthodoxy*), Chapter 4 contrast between *former life* and now *new life in Christ*. Chapter 5 movement from *imitating* as a member of a family (in our DNA) to *imitating GOD* (*orthopraxy*-putting *faith* into *action*); *We, as mere mortals* (human beings) are called to *imitate GOD*. (St. Paul); means we *know GOD* but need to develop *personal relationship* in order to know HIS WILL.

Chapter 5: 1-2: *Therefore, be imitators of God as beloved children and walk in love as Christ loved us and gave himself up for us a fragrant offering and sacrifice to God.* **MESSAGE:** When we live our life for Christ, others notice a very *unique* difference that draws others to Jesus, Example: Mother Theresa of Calcutta – a certain way about her that attracted others to her

Romans 12:1-2: *I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice.* **Ephesians 5:1-2:** *Jesus offered up his life as a fragrant offering to the Lord. We are a holy and acceptable sacrifice to God, which is your spiritual worship. Don't be conformed to this world, but be transformed by the renewal of your mind, that you may prove what is the will of God what is good and acceptable and perfect.* **Overlap of two worlds** - World in the Church and the world out there!

WARNING EPH 5:3, Renounce Pagan Ways: (1) Fornication: *But immorality and all impurity or covetousness must not even be named among you, as fitting among the saints.* (2) Let there be no filthiness nor silly talk nor levity, which are not fitting; but instead (3) let there be thanksgiving.

Book of Wisdom 14:27: *For the worship of idols not to be named is the beginning and cause and end of every evil.* (Sexual sin) Putting creature before the Creator. **MESSAGE:** Once idolatry is established in your life, sin will follow.

IMPURITY: Laughing/telling impure jokes; can transfer into other actions

COVETNESS: Desire to have more. **MESSAGE:** Our lives are not about acquiring the more things but to live lightly (rampant consumerism)

ONIOMANIA: an obsessive or uncontrollable urge to buy things.

Planned Obsolescence (BUSINESS PRINCIPLE) (1950's): a policy of producing consumer goods that rapidly become obsolete and so requires replacing, achieved by frequent changes in design, termination of the supply of spare parts, and the use of nondurable materials. **Perceived Obsolescence (PLEASURE PRINCIPLE¹):** constantly desiring the bigger, better, newest of something that will make one happy, but only temporarily.

EPH 5:20: *Always and for everything, give things in the name of our Lord, Jesus Christ to God the Father, a thankful heart,* best way to fight covetousness

Examen Prayer² (St Ignatius): Recommended pray every night; connects us to the *gift bearer* and settles the heart; more pray/connect to Him, the more we want to know/find about Him; your actions show who you are and who you follow and what you believe.

Belief/Unbelief: Faith is opposite idolatry; if not worshipping GOD, then worshipping something else;

EPH 1:14, *we are adopted sons/daughters with inheritance through Holy Spirit;* lead immoral life/no inheritance; important to learn how to walk the walk and talk the talk

EPH 5:6: *Walk as children of light* (Orthopraxy-putting faith into action)

EPH 5:10: *We must learn what is pleasing to the LORD;* discernment (do not be part of fornication, immorality and covetousness)

EPH 5:11-33: BATTLE against these things, 1. Pick your friends wisely (1 Cor 15, *bad company corrupts good morals*), know them, talk to them as a *witness and disciple of Jesus* bringing them the *good news* How to be happy (Harvard study); 1. Stay away from alcohol (drugs) and have life-long friends

Verse 14: *Awake, O sleeper and arise from the dead, and Christ shall give you light*

Verse 15: We live in darkness so, Look carefully at how you walk, not as unwise men but as wise...

GOAL: Be LIGHT, be WITNESS to the world; *do not be foolish but understand the will of the LORD*

MESSAGE: If understand the will of the LORD and give your time to His will, you will give *fragrance* to a world dying to smell (something good), be *light* in the darkness; make most of your time according to your vocation, study HIS WORD (PSALMS, WISDOM, SIRACH)

TIME: Modern man wastes TIME; do not see TIME as valuable, something we can *sanctify* and *redeem*

Verse 18: DRUNKENNESS- leads to **poor decisions** (leads to *negative* consequences)

GOOD LIFE: For a *satisfying life*, be filled with Holy Spirit, lead *holy life*; John 7:37: (Jesus), If anyone is thirsty, let them come to me and out of my heart will flow rivers of *living water*.

MESSAGE: (1) Think about how you walk in the life of Christ; pray for guidance to live life in light, go to Confession; get right with GOD, (2) Be thankful, let go of the things of this world, stop desire to buy more.

¹ **Difference between happiness and pleasure:** **HAPPINESS:** Happiness CAN be sustained beyond the activity producing it. **PLEASURE:** Cannot be sustained beyond the activity producing it. Matthew Kelly, The Best-Version-of-Yourself, www.dynamiccatholic.com

² **Examen Prayer** as it appears in the *Spiritual Exercises* (n.43) of St Ignatius Loyola:

1 Give thanks

Spend a few moments in gratitude for the gifts and blessings of the day.

2 Ask for light

Ask God to enlighten you, showing where he has been at work and present in your day through events, people and places.

3 Examine the day

Review the moments of the day, noticing what has led to *consolation* and what has led to *desolation* and my reactions to these events, people and places (see below on *consolation* and *desolation*).

4 Seek forgiveness

Ask God's forgiveness for the times when you have acted, spoken or thought contrary to his grace and calling for you.

5 Resolve to change

Decide what in your behavior or attitude you will try to improve tomorrow.

The examen might take 10 to 15 minutes to complete but can also be done in a much shorter time in school.

³ **The Litany of Humility**, for private devotions, is a moving prayer that can bring us closer to

Christ. Do you worry constantly about what others think of you? Do you feel empty or frustrated if you're not the center of attention? The litany of humility asks for our Lord's assistance in humbly following in His footsteps and casting aside, or at least offering up to Him, all those nagging doubts and fears that come with our heart" (Matt 11:29), as he is described in the first line of this prayer below. We ask in this litany, composed by Rafael Cardinal Merry de Val (1865-1930), the Secretary of State for Pope Saint Pius X, that ***God fill our hearts and souls with genuine humility, an essential virtue for holiness.*** After all, as we read in the letter of St. James ***"God resists the proud but gives grace to the humble."*** (James 4:6). When the *Litany of Humility* is prayed in a private setting by two or more people, the lines given in italics below are the responses to a leader.

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

REPEAT AFTER EACH LINE:

From the desire of being esteemed,

Deliver me, Jesus.

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,

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,

That others may be loved more than I.

REPEAT AFTER EACH LINE: *Jesus, grant me the grace to desire it.*

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 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.

The last petition of the *Litany of Humility* powerfully suggests what holiness entails: loving God and neighbor *above all else*, putting others' needs before ours. We are not to worry how we “rank” in godliness. Otherwise, we might as well be like the Pharisees our Lord scorned who took more delight in the *trappings* of religion, rather than in love of God and neighbor, so that ***“all their works they do in order to be seen”*** (Matt 23:5). In seeking God’s help to cast out our sins of pride we are in tune with our Lord’s famous Gospel message ***“He who exalts himself will be humbled and he who humbles himself will be exalted”*** (Matt 23:12). When we talk about pride here, we’re not talking about how you feel when your child wins a spelling bee, for example. We’re talking about one of the deadliest of sins, the pride which causes haughtiness, jealousy, or anger over slights or insults. Speaking of insults, Cardinal de Val may very well have had our Lord’s Sermon on the Mount in mind when he mentioned the fear of being mistreated in various ways in the *Litany of Humility*. Jesus consoles us with the thought that when we are persecuted for His sake, we should ***“rejoice and exult, because your reward is great in heaven”*** (Matt 5:12). Jesus Himself gave His life for us in the most poignant example of humility we can imagine! The Creator of the Universe took on our flesh and our sins for our salvation, to be born in a manger and die on a cross between two thieves! As St. Paul wrote, ***“He emptied Himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled Himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted Him”*** (Phil 2:7-9). What is also worth noting is that the important link between humility and holiness can be found *throughout scripture*, not just in the New Testament. For example, our Lord’s famous Beatitude ***“Blessed are the meek for they shall inherit the earth”*** (Matt 5:5) echoes this verse from the Psalms: ***“The meek shall inherit the land, and shall delight in abundance of peace”*** (Psalm 37:11). As the prophet Micah, for one, put it so well in his book found in the Old Testament: ***“You have been told, O man, what is good, and what the LORD requires of you: Only to do the right and to love goodness, and to walk humbly with your God”*** (Mi 6:8). Hopefully the *Litany of Humility* can inspire you on your own sacred and special journey towards heaven!