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# MORTIFICATION

“OFFER IT UP, DENY YOURSELF.”



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## OPENING PRAYER

*“O Jesus, my one and only hope! You love me. You have power to do all things: make me a saint.*

*If I am weak, please give me strength; if I am sick, in consequence of the sins I have committed, please apply to my soul one drop of Your blood, and heal me.*

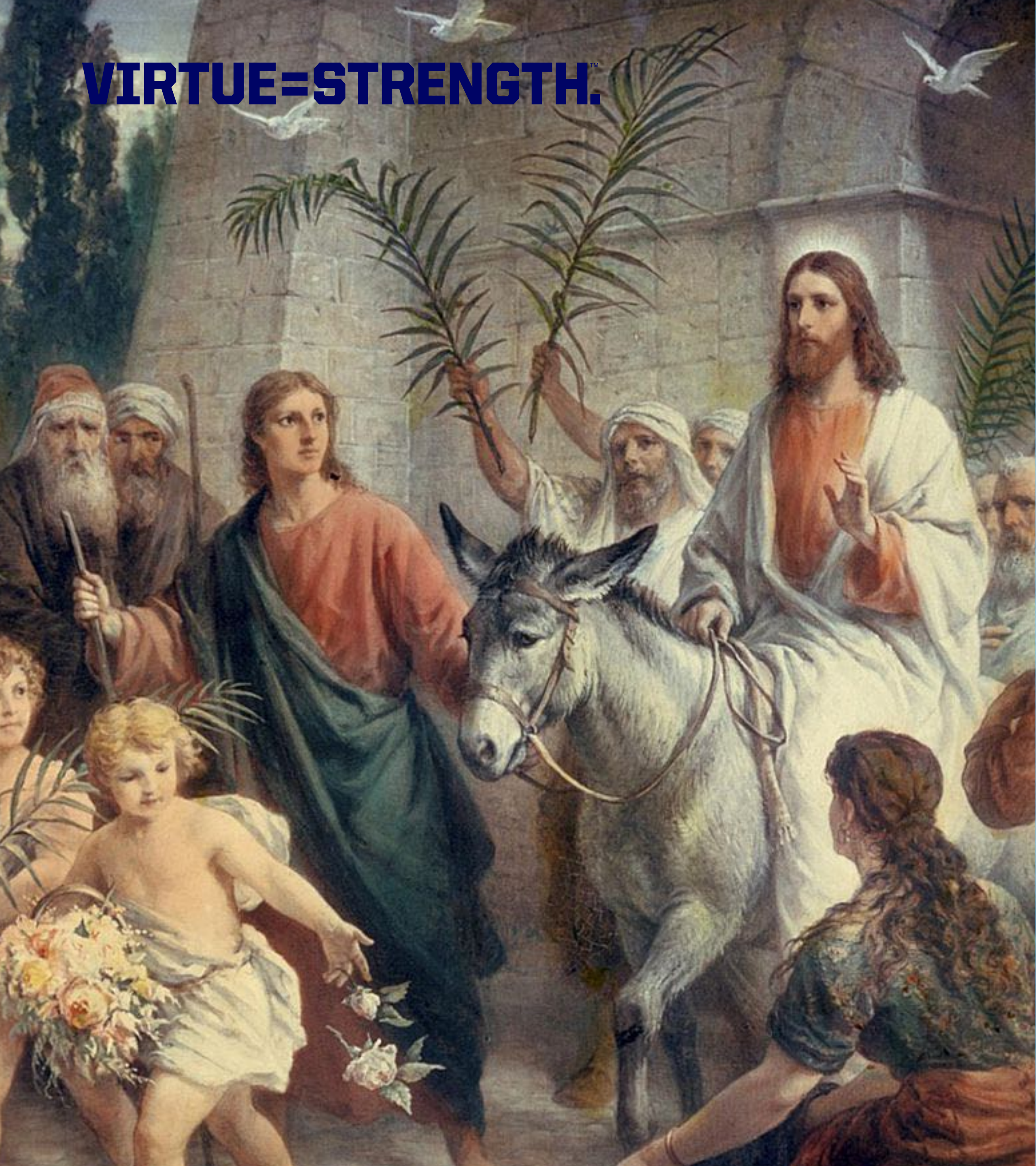
*I love You, O my most lovely God, with all my soul; and I hope to love You always.”*

*- St. Alphonsus Liguori*

MORTIFICATION







## MORTIFICATION

### DEFINITION

This week our strength building on the virtue of FORTITUDE is MORTIFICATION.

Mortification, based on Faith, is the strength to deny oneself through penance and austerity to strengthen the will in the practice of virtue and grow in the likeness of Christ.

The mortification is never an end in itself, but a means by which we become better followers of Christ.



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Jesus spoke about mortification as an absolute necessity for growth into Christian maturity. Here are some of the better-known passages:

*“If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me” (Luke 9:23).*

*“In all truth I tell you, unless a wheat grain falls into the earth and dies, it remains only a single grain; but if it dies it yields a rich harvest” (John 12:24).*

*“Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it” (Mark 8:35).*

MORTIFICATION





## RESOLUTION

Choose one way to practice mortification out of love for Jesus.

Here are some options:

- Get up when alarm goes off or Mom wakes you.
- Make a small sacrifice at meals.
- When you feel tempted to say something nasty or negative - zip it!
- Exercise.
- If you are tempted to look or stare inappropriately, don't.





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VIDEOS IN GOOGLE SLIDES](#)

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## MORTIFICATION

### SAINT STORY

#### **ST. GEMMA GALGANI**

April 11  
1878-1903

Gemma wished to become a nun, but her poor health prevented her from being accepted. She offered this disappointment to God as a sacrifice.

Gemma predicted that the Passionists would establish a monastery at Lucca; this came to pass two years after her death. Today, Gemma's relics remain at the Passionist monastery in Lucca.

On June 8, 1899, Gemma had an internal warning that some unusual grace was to be granted to her. She felt pain and blood coming from her hands, feet and heart. These were the marks of the stigmata. Each Thursday evening, Gemma would fall into rapture and the marks would appear.

Such marks, called the stigmata in the language of the Catholic Church, refers to the appearance of the wounds of the crucified Jesus Christ appearing on the bodies of some men and women whose lives are so conformed to His that they reflect those wounds of redemptive love for others.

The stigmata remained until Friday afternoon or Saturday morning. When the bleeding would stop, the wounds would close, and only white marks would remain in place of the deep gashes. Gemma's stigmata would continue to appear until her confessor, Reverend Germanus Ruoppolo, advised her to pray for their disappearance due to her declining health. Through her prayers, the phenomenon ceased, but the white marks remained on her skin until her death.



## SMALL GROUP DIFFICULT SITUATION DISCUSSION

*Mortification, based on Faith, is the strength to deny oneself through penance and austerity to strengthen the will in the practice of virtue and grow in the likeness of Christ.*

You really need to go to the Sacrament of Penance (Confession).

You get to Church and the line is super long and you get annoyed.

You can stay or leave and come back another time.

Think through some different options and scenarios.

What should you do and why?





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**MORTIFICATION**

*“Where there is no great mortification  
there is no great sanctity.”*

*- St. Philip Neri*



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## MORTIFICATION

*“Our pilgrimage on earth will not be of long duration: our home is eternity, where he who has practiced the greatest mortifications during life shall enjoy the greatest glory.”*

*- St. Alphonsus Liguori  
Bishop and Doctor of the Church*





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EXCESSIVENESS

“TOO MUCH.”



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**VICE**

## EXAMPLE OF EXCESSIVENESS

French fries and ketchup.

Putting ketchup on your french fries is completely fine. Many people like doing this.

A person who likes ketchup on their fries but wants to offer up a sacrifice for their Mom who is sick and practice the strength of mortification might choose not to put ketchup on one day, praying for a special intention.

Excessiveness is pouring the whole bottle or just too much ketchup on your fries.





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