

# MORTIFICATION

<p>1</p> <p><b>If any man would come after me, let him deny himself, take up his cross and follow me.</b></p> <p><i>Matthew 16:24</i></p>	<p>2</p> <p>'Nulla dies sine cruce!' No day without its cross; not a single day in which we are not to shoulder the cross of the Lord ... This way is not a sorrowful one, because Christ himself comes to our aid, and in his company there is no room for sadness.</p> <p><i>St. Josemaria</i></p>	<p>3</p> <p>A fourfold profit flows from fasting—</p> <p>(1) The mortification of vices. (2) An elevation of the mind towards God. (3) The acquisition of virtue. (4) The reward of eternal blessedness.</p> <p><i>St. Thomas Aquinas</i></p>	<p>4</p> <p><b>Denying material food, which nourishes our body, nurtures an interior disposition to listen to Christ and be fed by His saving word. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.</b></p> <p><i>Pope Benedict XVI</i></p>	<p>5</p> <p><b>Do you not know that fasting can master concupiscence, lift up the soul, confirm it in the paths of virtue, and prepare a fine reward for the Christian?</b></p> <p><i>St. Hedwig of Silesia</i></p>	<p>6</p> <p>Every sin is committed either against God, and this is prevented by prayer, or against our neighbor, and this is remedied by almsdeeds, or against ourselves, and this is forestalled by fasting.</p> <p><i>St. Thomas Aquinas</i></p>	<p>7</p> <p><b>Seek only to gather flowers, the flowers of sacrifice, and offer them to the good Lord for his pleasure.</b></p> <p><i>St. Therese of Lisieux</i></p>	<p>8</p> <p><b>To suppose that he would admit to his close friendship pleasure-loving people who want to be free from all trials is ridiculous.</b></p> <p><i>St. Teresa of Avila</i></p>
<p>9</p> <p><b>It is your self-love that leads you to hate and avoid anything that might cause pain or mortification to your spirit or your flesh and makes you love and seek out everything that may give them pleasure and contentment.</b></p> <p><i>St. John Eudes</i></p>	<p>10</p> <p><i>Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest thing right, and doing it all for love. . . Believe me, the writing of pious books, the composing of the sublimest poetry; all that does not equal the smallest act of self-denial.</i></p> <p><i>St. Therese of Lisieux</i></p>	<p>11</p> <p><b>WHEN IT IS ALL OVER, YOU WILL NOT REGRET HAVING SUFFERED; RATHER YOU WILL REGRET HAVING SUFFERED SO LITTLE AND SUFFERED THAT LITTLE SO BADLY.</b></p> <p><i>Bl. Sebastian Valfré</i></p>	<p>12</p> <p>Our whole being, body and soul, must participate actively in this religious act whereby the creature recognizes divine holiness and majesty. The necessity of mortification of the flesh stands clearly revealed if we consider the fragility of our nature, in which, since Adam's sin, flesh and spirit have contrasting desires. This exercise of bodily mortification – far removed from any form of stoicism does not imply a condemnation of the flesh ... On the contrary, mortification aims at the liberation of man, who often finds himself, because of concupiscence, almost chained by his own senses.</p> <p><i>Pope Paul VI</i></p>	<p>13</p> <p><b>Haven't you gone against your own preference, your whims, sometime, in something? You must realize that the One who asks you is nailed to a cross, suffering in all his senses and faculties, with a crown of thorns on his head ... for you.</b></p> <p><i>St. Josemaria Escriva</i></p>	<p>14</p> <p><b>WE PUT OURSELVES TO ALL SORTS OF INCONVENIENCES TO SATISFY OUR GUILTY PASSIONS BUT WHEN IT IS A QUESTION OF OVERCOMING THEM WE WILL NOT LIFT A FINGER. IT IS JUST THIS PENNY'S WORTH OF SUFFERING THAT NOBODY WANTS TO SPEND.</b></p> <p><i>St. Leonard</i></p>	<p>15</p> <p><i>Not the intellect, but God; not the will, but God; not the soul, but God; not taste, but God; not touch, but God; not the heart, but God; not the body, but God; not food and drink, but God; not repose in bed, but God; not riches, but God; not distinctions, but God; God in all and always.</i></p> <p><i>St. Vincent Pallotti</i></p>	<p>16</p> <p><b>In the old Law, God would accept no victim as a holocaust if it had not been flayed; in like manner, our hearts can never be immolated and sacrificed to God until they shall have been stripped of the old skin of their habits, inclinations, repugnances, and superfluous affections.</b></p> <p><i>St. Francis de Sales</i></p>

<p>17</p> <p>Without mortification there is no happiness on earth.</p> <p><i>St. Josemaria Escriva</i></p>	<p>18</p> <p><b>WE DO NOT BECOME PERFECT BY THE MULTIPLICATION OF EXERCISES, PENANCES, AND AUSTERITIES, BUT RATHER BY THE PURITY OF LOVE WITH WHICH WE DO THEM.</b></p> <p><i>St. Frances de Sales</i></p>	<p>19</p> <p>For perfection does not consist in macerating or killing the body, but in killing our perverse self-will.</p> <p><i>St. Catherine of Siena</i></p>	<p>20</p> <p><b>Be not curious about matters that do not concern thee; never speak of them and do not ask about them.</b></p> <p><i>St. Teresa of Avila</i></p>	<p>21</p> <p><i>The soul should treat the body as its child, correcting without hurting it.</i></p> <p><i>St. Francis de Sales</i></p>	<p>22</p> <p><b>FEED PRAYER ON FASTINGS.</b></p> <p><i>Tertullian</i></p>	<p>23</p> <p>Cleanse your vessel, that you may receive grace more abundantly.</p> <p><i>St. Cyril of Jerusalem</i></p>	<p>24</p> <p><b>The more we indulge ourselves in soft living and pamper our bodies, the more rebellious they will become against the spirit.</b></p> <p><i>St. Rita</i></p>
<p>25</p> <p>If the word of love is often on your lips, without being backed by little sacrifices, it becomes tedious.</p> <p><i>St. Josemaria Escriva</i></p>	<p>26</p> <p><b>IF THE LOVE OF GOD IS IN YOUR HEART, YOU WILL UNDERSTAND THAT TO SUFFER FOR GOD IS A JOY TO WHICH ALL EARTHLY PLEASURES ARE NOT TO BE COMPARED.</b></p> <p><i>St. Ignatius of Loyola</i></p>	<p>27</p> <p><b>A detached man should always be looking to see what he can do without.</b></p> <p><i>Blessed Henry Suso</i></p>	<p>28</p> <p><b>FOR WHOEVER SEEKS GOD WHILST WANTING TO HOLD ON TO HIS OWN LIKES AND DISLIKES, MAY SEEK HIM DAY AND NIGHT, BUT WILL NEVER FIND HIM.</b></p> <p><i>St. Leo the Great</i></p>	<p>29</p> <p>The perfection of a Christian consists in mortifying himself for the love of Christ. Where there is no great mortification, there is no great sanctity.</p> <p><i>St. Philip Neri</i></p>	<p>30</p> <p>I shall remind myself of the labors He undertook in preaching, of his weariness while traveling, of the temptations He suffered while fasting, of his vigils while praying, and of the tears he shed out of compassion. I will remember, moreover, his sorrows, and the insults, spittle, blows, ridicule, rebukes, nails, and all the rest that rained down upon Him in abundance.</p> <p><i>St. Bernard of Clairvaux</i></p>	<p>31</p> <p><b>Let the crucifix be not only in my eyes and on my breast, but in my heart.</b></p> <p><i>St. Bernadette</i></p>	<p><b>Holy Mary, Refuge of Sinners, Pray For Us</b></p>