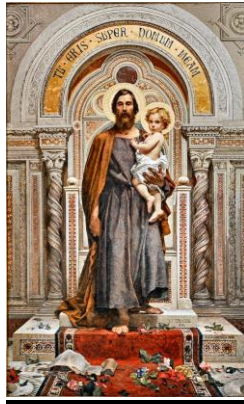


# St. Joseph Society



**Objective:** A rule of life helps a person to start to build habits for holiness. The mission of the St. Joseph Society to help men “To Order All Things to Christ” by becoming strong in mind, body, and spirit. In the next few months, we will break down the rule of life by discussing what it means to be strong in body, mind, and spirit. This month, we will discuss why a man must become strong in mind in order to become a faithful disciple of our Lord in this day and age.

## **Monthly Meeting: Strong in Mind**

### **I. Episode #5 – Strong in Mind**

1. Why does a Catholic man have to have a strong mind?
  - a. Reason Demands It – Socrates said that, “The unexamined life is not worth living,” and we should proclaim that, “The unexamined faith is not worth believing.”
  - b. God Commands It – “Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect” (Romans 12:2).
2. A.G. Sertillanges – “The virtue proper to the man of study is, clearly, studiousness” (*The Intellectual Life*, 25).

### **II. Episode #6 – The Theological Life**

1. Pope St. John Paul II – “Faith and reason are like two wings on which the human spirit rises to the contemplation of truth; and God has placed in the human heart a desire to know the truth- in a word, to know himself- so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves” (*Fides et Ratio*, 1).
2. Suggestions for Study
  - a. Go outside.

- b. Exercise regularly.
- c. Watch what you eat.
- d. Simplify your life.
- e. Practice solitude and silence.

### III. Episode #7 – Fight the Good Fight

1. 1 Peter 3:15 – In your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you.
2. Jude 3 – Contend for the faith that was once for all entrusted to the saints.
3. 2 Corinthians 10:3-6 – For though we live in the world we are not carrying on a worldly war, for the weapons of our warfare are not worldly but have divine power to destroy strongholds. We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.

### IV. Episode #8 – Knowledge of God and Knowledge of Self

1. Knowledge of God – “Concerning God, we must know whatever can render Him admirable and lovable. We must learn of His existence, His nature, His attributes, His works, above all, His inner life and His relations with us. Nothing that concerns the Godhead is foreign to devotion” (Adolphe Tanquerey, 433).
2. Means of Acquiring Knowledge of God
  - a. The Devout Study of Theology
  - b. Meditation or Mental Prayer
  - c. Habit of Seeing God in all Things
3. Knowledge of Self – “The knowledge of God leads us directly to love Him, since He is infinitely lovable. The knowledge of self helps us indirectly to love God by disclosing to us the absolute need we have of Him, in order to perfect the qualities with which He has endowed us and to heal our deep miseries” (Adolphe Tanquerey, 447).
  - a. Means of Acquiring Self-Knowledge
  - b. Assess Your Natural Gifts – Mind, Will, Character, and Habits
  - c. Assess Your Supernatural Gifts – Whether grace disposes us to certain virtues, decisive moments in your spiritual life when God spoke clearly and divisively, and the various ways we have resisted grace.
4. Examination of Conscience