



***The Armor of Faith***  
**Topic Summary: The Rosary**  
***Part VIII: The Glorious Mysteries Continued***



*Holy Spirit and Word of Truth*  
*Public Domain*

## **Introduction**

[Greeting:] → Welcome to “The Armor of Faith,” a show where we hope to bring our listeners closer to the Word of God and the blessings we receive through living in the fullness of the Catholic faith. My name is Doug and I will be your host as we discuss the blessings of the Church Christ built upon Peter.

I am joined today by my panel: [names]

Helen is a lay-Dominican and has a love for music ministry. The Dominicans, I always mention, are also known as the Order of Preachers. Sharon is still our token cradle Catholic, and, as everyone knows by now, I am simply here to ask questions because scripture tells us, “Ask, and ye shall receive.” To answer my questions, correct my pronunciation, and make sure I know which century I am talking about is why we have our panelists, so welcome to our panelists as well as to our listeners.

Let us open with a prayer:

In the name of the Father, the Son and the Holy Spirit.

Heavenly Father, we lift up our hearts in thanks and praise for this opportunity to open and share your Holy Word this day. We pray that You are with us and all our listeners as we share with one another the blessings of faith. We pray You will grant us wisdom and understanding as we seek to learn Your Holy Truth.

Dear Lord, we also lift up the prayers in our prayer basket. You know what is written on each one and you know the hearts of those who offer their thanks and praise along with their petitions for the blessings of Your great mercy.

We pray especially, dear Lord, for those who are suffering from the Coronavirus as well as for the safety of those caring for the suffering and working to contain the illness. We pray for Your healing hand to rest on the ill, as well as Your hand of comfort; that You will guide the hearts and hands of their care givers, and that Your hand of comfort rest upon all those who love and care for them.

We also pray for the protection of the unborn. We pray for the mothers who are led to believe that the child in the womb is an untimely complication or who are being pressured to end the life of their child according to the expectations of others. We pray You will touch their hearts so they may understand the gift of the life growing and maturing within them so they will choose to do Your will. We pray You will touch every heart to respect and defend the sanctity of life from conception until natural death.

We pray also, dear Lord, for Your blessing and protection of the side-walk counselors and the workers and volunteers who extend loving hands to help protect the most defenseless among us.

In the name of the Father, the Son and the Holy Spirit we pray. Amen.

If you would like to add your prayers to our prayer basket, send us an email at [armoroffaithradio@gmail.com](mailto:armoroffaithradio@gmail.com). Please include the word “prayer” in the subject line so that we will give it priority and capture it for our prayer basket. Just so you know, Sharon and I lift up our prayers with those in the Armor of Faith Radio prayer basket during our daily prayers.

If you haven't discovered, yet, you can also listen to Armor of Faith Radio on demand and on the go using your smartphone. In addition to [wcatradio.com/armoroffaith](http://wcatradio.com/armoroffaith), we are available through a number of streaming services, such as iHeart Radio, Spreaker, iTunes, and CastBox, among others. Simply search for “Armor of Faith Radio” and select the episode you desire. We will be happy to keep you company wherever you are and wherever you are waiting.

We would also like to ask for your assistance to help share our discussions. If you find an episode or series, which caused you to take a moment and think and you would like to share with family or friends, you only need to copy the URL of the show to which you are listening and drop it into an email or share it through social media. You can also share the URL <https://wcatradio.com/armoroffaith> and identify the episode number or numbers you would like to share. Several of the streaming services through which we are available on demand also have share options, so please help us to spread the good news of our faith in Jesus Christ.

### **Faith Event Announcements:**

***40 Days for Life:*** The 40 Days for Life 2020 Spring Campaign kicked off yesterday, 26 Feb and will run through 5 Apr 2020. It is not too late to sign up to help. If you have not already done so, we invite you to visit the 40 Days for Life website at: <https://www.40daysforlife.com/> to learn about how you may support this Spring's campaign. Even if you are not able to come to the sidewalk, prayer is powerful and always necessary, and there are so many ways to help through Pregnancy Resource, Support, and Advocacy Centers.

If you would like to learn more about training for sidewalk advocates, prayer partners, or other means by which You can assist with the effort to defend life, check your local 40 Days for Life web site. The national web site, <https://www.40daysforlife.com/>, can help you find an organization near you.

**WCAT Radio Fund Raiser:** WCAT Radio, the organization through which this and a variety of kindred Catholic radio shows are presented, is conducting a funding drive to help address the costs of operation and production. WCAT Radio presents two dozen hours of new, quality, Catholic programming each week and offers over 5,000 hours of archived programming in history, theology, spirituality, and poetry for the purpose of promoting the Catholic spiritual journey — a virtual audio library of our Catholic faith. Please consider giving a tax deductible donation to WCAT Radio to enable them to continue to broadcast the Catholic message. You can donate online at <https://wcatradio.com/support>. Any amount you can contribute, helps.

## Why Catholics Do What We Do:

### *Lent – Part III:*

Lent is a period of 40 days in which we spend time contemplating the time Jesus spent in the desert being tempted by the devil. This is the time when we think about how He suffered so much for the sake of our souls. This is time for us to experience the desert for ourselves. How do we do this?

There are many ways in which we can go beyond the fasting and abstinence of which we have already discussed. Here are some ideas. Fasting, alms giving, praying, tithing.... well this is a beginning. So let us look at each idea.

**Fasting.** Most of us will think of fasting as in not eating, or doing as the church tells us to eat small meals. True, but fasting can also mean giving up something we enjoy; something which is a sort of suffering. As a child, my mother imposed the horror of giving up candy during Lent. We did it, but saved any candy that we received in a drawer and Easter was a gold mine of sugar. I had friends who gave up sodas. Since we did not have sodas at our house, this was not a sacrifice for us. Was this a good fast? At the time it was enormous.

In fasting we might consider giving up a favorite television show, or forsaking social media. Anything we enjoy and can give up for Lent would be considered a fast. This does not mean to give up things that are healthy for us such as physical exercise, or eating completely, or medications.

**Alms Giving.** Alms is a way to contribute to charitable activities. Many churches have small boxes for children to collect their coins and deliver to the church at the end of Lent. These coins are used for charitable projects. Perhaps a kind of alms would be to donate money to some organization that feeds the poor, or maybe consider a mission that houses the homeless, or even a thrift store which clothes the naked. Alms giving is to make a monetary donation for the sake of people less fortunate than us.

**Prayer.** Yes, this is the season for great prayer. Time to be spent in Adoration before the Blessed Sacrament. Time to pray for all the sins of the world and for those who commit them. This is the time to pray for family, friends, the infirmed, governmental leaders, teachers, medical personnel, first responders, neighbors, farmers, etc. This is also an especially good time to think of our own relationship with God and how we want to behave and to build our faith with the One who loved so much that He died for us. Prayer is an essential of the Lenten season.

**Tithing.** Tithing is meant to take a portion of our earnings and give to the church for the support of our priest, the maintenance of the building, and utilities. We must never forget to care for our priest and our church building. Tithing can also mean to give to others. Unlike alms, tithing does not always mean money. Someone once told me that the 10% we are required to donate sometimes means things. Hmmm. It has been my delight during Lent to clean out closets. For every 10 shirts or pants, or dresses, or coats, or sweaters, I take one of the ten and donate to some organization that cares for others. Now this does not mean to give the torn and tattered items, it means to take a usable item so that someone else might enjoy its use.

Tithing can also mean time. My son and his family spend time in soup kitchens feeding the poor. Time can mean volunteering to assist in a classroom. I have never met a teacher who turns down help from time to time. Volunteering to help in a medical clinic or pregnancy resource center is always welcomed as well.

What is the point here? The point is that we can all find creative ways to help our families, church, neighborhoods, communities. Our help can come by giving time, money, things, and prayer. Depending on our personal situation, we can all do something as a means of sacrifice for some of the other children of God. If we are low on funds, give time or things. If we are home bound or in-firmed, prayer will mean more than can be imagined.

Lent began yesterday. Hope you showed off your cross of ashes throughout the day. Don't despair, this is a time to crawl into your own soul and to clean house. Pray out the bad that resides within you. By the time we reach the end of this Lenten Season, we will be ready to open the windows to our souls and let in the cool clean air. Let the Holy Spirit fill us with glory.

**Have a blessed week All. Remember, you are loved dearly by God the Father, God the Son, God the Holy Spirit and yes, by us as well.**

If you would like to learn more about the Catholic traditions of Lent, we invite you to follow the links in the reference section of the topic summary for this show. You can obtain the topic summary by visiting <https://wcatradio.com/armoroffaithstudyguides/> and look for episode 135.

### **Discussion:**

As I mentioned last time, one of the struggles I am having as we progress through this series is what to leave out when we only have a limited time for our conversation. Last time, once more, we only scratched the surface of the two Glorious Mysteries we discussed. Where the prayer truly comes alive to us is when we follow the threads of scripture and allow the Holy Spirit to guide us in our contemplation so our eyes might be opened in the same fashion as the disciples on the Road to Emmaus. (Luke 24:13-35)

As I also mentioned, I'm sure that our listeners who regularly pray the Rosary can attest, it is a prayer which grows on us and leads us as we bring it into our lives. We do not have to memorize or recite all the scripture to which it leads, we simply allow the scripture to flow

through us in a similar fashion as we are told in Luke 2:19, 51, where Mary “kept all these things, reflecting on them in her heart.”

How does the scripture enter our heart, some might ask? It comes to us in various ways. Certainly, it comes to us through the Liturgy of the Word, as well as the prayers, as we celebrate the Mass. It comes to us when we avail ourselves of the opportunities of religious formation. It also comes to us as we spend personal time with scripture and keep it in our heart, reflecting on it during the course of our prayer. It comes to us as we discuss the blessings of scripture with one another. The Rosary enables our focus, and, if we allow the Holy Spirit to be our guide, it will also enable our understanding, not just about the events of the moments described, but their meaning to our daily lives as well as to our eternity.

**(Question 1:** Speaking of the Holy Spirit, the next mystery for our discussion is commonly referred to as the “The Descent of the Holy Spirit.” To what does this refer and what might we reflect upon about that moment?)

(Acts 2:1-41)

*1 When the time for Pentecost was fulfilled, they were all in one place together. 2 And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. 3 Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. 4 And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.*

*5 Now there were devout Jews from every nation under heaven staying in Jerusalem. 6 At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. 7 They were astounded, and in amazement they asked, “Are not all these people who are speaking Galileans? 8 Then how does each of us hear them in his own native language? 9 We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, 10 Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, 11 both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God.” 12 They were all astounded and bewildered, and said to one another, “What does this mean?” 13 But others said, scoffing, “They have had too much new wine.”*

*14 Then Peter stood up with the Eleven, raised his voice, and proclaimed to them, “You who are Jews, indeed all of you staying in Jerusalem. Let this be known to you, and listen to my words. 15 These people are not drunk, as you suppose, for it is only nine o’clock in the morning. 16 No, this is what was spoken through the prophet Joel:*

*17 ‘It will come to pass in the last days,’ God says, that I will pour out a portion of my spirit upon all flesh.*

*Your sons and your daughters shall prophesy,  
your young men shall see visions,  
your old men shall dream dreams.*

*18 Indeed, upon my servants and my handmaids*

*I will pour out a portion of my spirit in those days,  
and they shall prophesy.*

19 And I will work wonders in the heavens above  
and signs on the earth below:

*blood, fire, and a cloud of smoke.*

20 The sun shall be turned to darkness,  
and the moon to blood,

*before the coming of the great and splendid day of the Lord,*

21 and *it shall be that everyone shall be saved who calls on the name of the Lord.*

22 You who are Israelites, hear these words. *Jesus the Nazorean was a man commended to you by God with mighty deeds, wonders, and signs, which God worked through him in your midst, as you yourselves know.* 23 *This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him.* 24 *But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it.* 25 For David says of him:

*'I saw the Lord ever before me,  
with him at my right hand I shall not be disturbed.*

26 *Therefore my heart has been glad and my tongue has exulted;  
my flesh, too, will dwell in hope.*

27 *because you will not abandon my soul to the netherworld,  
nor will you suffer your holy one to see corruption.*

28 *You have made known to me the paths of life;  
you will fill me with joy in your presence.'*

29 My brothers, one can confidently say to you about the patriarch David that he died and was buried, and his tomb is in our midst to this day. 30 But since he was a prophet and knew that God had sworn an oath to him that he would set one of his descendants upon his throne, 31 *he foresaw and spoke of the resurrection of the Messiah, that neither was he abandoned to the netherworld nor did his flesh see corruption.* 32 *God raised this Jesus; of this we are all witnesses.* 33 *Exalted at the right hand of God, he received the promise of the holy Spirit from the Father and poured it forth,* as you [both] see and hear. 34 For David did not go up into heaven, but he himself said:

*'The Lord said to my Lord,  
"Sit at my right hand  
35 until I make your enemies your footstool.'"*

36 *Therefore let the whole house of Israel know for certain that God has made him both Lord and Messiah, this Jesus whom you crucified."*

37 Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, *"What are we to do, my brothers?"* 38 Peter [said] to them, *"Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit.* 39 *For the promise is made to you*

*and to your children and to all those far off, whomever the Lord our God will call.” 40 He testified with many other arguments, and was exhorting them, “Save yourselves from this corrupt generation.” 41 Those who accepted his message were baptized, and about three thousand persons were added that day.*

Ok, so there is a little bit here for us to digest. So, to simplify things a bit, let's summarize this scripture a little and look to what it draws our attention. If we scan for the highlights, we should see the following:

- **Noise** from the sky **like a strong driving wind** (cf. Genesis 1:2)
  - ➔ Tongues of fire come to rest upon the disciples
  - ➔ In that moment, the disciples are filled with the Holy Spirit
  - ➔ The disciples begin to speak and those present, from many nations, hear and understand in their own tongues (native language)
- The people ask, **what does this mean?** Peter preaches:
  - ➔ What is foretold by the prophet Joel (cf. Joel 3:1-5)
    - ✓ God says He will pour out a portion of my Spirit overall flesh
    - ✓ Sons and daughters, those young and old shall prophecy
    - ✓ God will work wonders in heaven and on earth
    - ✓ Everyone shall be saved who calls on the name of the Lord (cf. Joel 3:5 - *Then everyone who calls upon the name of the LORD will escape harm. For on Mount Zion there will be a remnant, as the LORD has said, And in Jerusalem survivors whom the LORD will summon.*)
  - ➔ Prophecy of the Messiah
    - ✓ Sent by God and God worked through Him
    - ✓ Delivered up by the plan of God → allowing lawless men to kill Him
    - ✓ God raised Him up → releasing Him from death
    - ✓ A descendant of David → foretold would be the Messiah
    - ✓ God made Him both Lord and Messiah, this Jesus **whom you crucified**
  - ➔ What are we to do, my brothers?
    - ✓ Repent
    - ✓ Be baptized
    - ✓ Receive forgiveness of sins
    - ✓ Receive the gift of the Holy Spirit
  - ➔ The promise is made to us and our children
  - ➔ Save yourselves from this corrupt generation (what is the generation of our day?)

Whew, that is just the summary. I'm sensing we might be facing a challenge to get through all of this in the time remaining – and this is just the part which opens the door to this mystery. Let's see how far we get. For the benefit of our listeners, the topic summary for this show might be helpful as a road map of sorts, by which to follow along as we ride the “wind” so to speak. If you have not already located it, you can find the topic summary at <https://wcatradio.com/armoroffaithstudyguides/> and select episode 135.

---

So, let's start with the first highlight:

- Noise from the sky **like a strong driving wind** (cf. Genesis 1:2)
  - ➔ Tongues of fire come to rest upon the disciples
  - ➔ In that moment, the disciples are filled with the Holy Spirit
  - ➔ The disciples begin to speak and those present, from many nations, hear and understand in their own tongues (native language)

I mentioned we should consider Genesis 1:2, which reads:

(Genesis 1:2)

*2 and the earth was without form or shape, with darkness over the abyss and **a mighty wind sweeping over the waters**—*

**(From the NABRE Footnote to Genesis 1:2: A mighty wind: literally, “spirit or breath [ruah] of God”.)**

Now, let's revisit Acts 2:2:

(Acts 2:2)

*2 And suddenly there came from the sky **a noise like a strong driving wind**, and it filled the entire house in which they were.*

**(From the NABRE Footnote to Acts 2:2: There came from the sky a noise like a strong driving wind: wind and spirit are associated in Jn 3:8. The sound of a great rush of wind would herald a new action of God in the history of salvation.)**

So, let's go visit John 3:8.

(John 3:8)

*8 The wind blows where it wills, and **you can hear the sound it makes**, but you do not know where it comes from or where it goes; **so it is with everyone who is born of the Spirit.**”*

**(From the NABRE Footnote to John 3:8: Wind: the Greek word *pneuma* (as well as the Hebrew *rûah*) means both “wind” and “spirit.” In the play on the double meaning, “wind” is primary.)**

**(Question 2: As we examine this path of scripture, from the New Testament to the Old and back to the new, there is a metaphorical theme of wind and spirit. What is the nature of wind and what does it reveal about the Holy Spirit?)**

- Ranges from a soft breeze which comforts to a mighty force of nature
- A force focused in intensity like a tornado or flows across a wide region like a hurricane – or a light comforting breeze
- A force which stirs and pushes life giving waters across the land
- A force which gives breath to the life which wanders the earth
- A force which gives breath and life to the soul as it prepares for heaven

Let's take a moment to examine the context of John 3:8.

(John 3:5-15)

5 Jesus answered, "Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit. 6 What is born of flesh is flesh and what is born of spirit is spirit. 7 Do not be amazed that I told you, 'You must be born from above.' 8 The wind blows where it wills, and you can hear the sound it makes, but you do not know where it comes from or where it goes; so it is with everyone who is born of the Spirit." 9 Nicodemus answered and said to him, "How can this happen?" 10 Jesus answered and said to him, "You are the teacher of Israel and you do not understand this? 11 Amen, amen, I say to you, we speak of what we know and we testify to what we have seen, but you people do not accept our testimony. 12 If I tell you about earthly things and you do not believe, how will you believe if I tell you about heavenly things? 13 No one has gone up to heaven except the one who has come down from heaven, the Son of Man. 14 And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, 15 so that everyone who believes in him may have eternal life."

**(Question 3:** It was the "wind" which brought us to this discussion between Jesus and Nicodemus. To what does this discussion take us?)

- The wind blows where it wills
- We can hear the sound and see its force, but not the wind itself
- We know not from where it comes or to where it goes
- It is a force which mankind struggles to understand
- And then Jesus speaks of what God instructed Moses to do in the desert
- Jesus then likens it to what must be done for the salvation of all

**(Question 4:** The wind, then, takes us to this discussion of Jesus, which He uses to instruct Nicodemus, "the teacher of Israel." Does the prophecy of Jesus sound familiar? What mysteries do these words of Jesus foretell?)

(Numbers 21:4-9)

4 From Mount Hor they set out by way of the Red Sea, to bypass the land of Edom, but the people's patience was worn out by the journey; 5 so the people complained against God and Moses, "Why have you brought us up from Egypt to die in the wilderness, where there is no food or water? We are disgusted with this wretched food!"

6 So the LORD sent among the people seraph serpents, which bit the people so that many of the Israelites died. 7 Then the people came to Moses and said, “We have sinned in complaining against the LORD and you. Pray to the LORD to take the serpents from us.” So Moses prayed for the people, 8 and the LORD said to Moses: Make a seraph and mount it on a pole, and everyone who has been bitten will look at it and recover. 9 Accordingly Moses made a bronze serpent and mounted it on a pole, and whenever the serpent bit someone, the person looked at the bronze serpent and recovered.

- In what ways does sin bite us?
- To whom do we look when we are bitten?
- In what way does the One lifted up enable us to recover?

As we consider this relationship of *wind* and *breath*, we might also want to consider these pieces of scripture:

(Genesis 2:4-7)

4 This is the story of the heavens and the earth at their creation. When the LORD God made the earth and the heavens— 5 there was no field shrub on earth and no grass of the field had sprouted, for the LORD God had sent no rain upon the earth and there was no man to till the ground, 6 but a stream was welling up out of the earth and watering all the surface of the ground— 7 then the LORD God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being.

(John 20:19-22)

19 On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” 20 When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. 21 [Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.” 22 And when he had said this, he breathed on them and said to them, “Receive the holy Spirit.”

**(Question 5:** Remember in the NABRE Footnote to Genesis 1:2, the reference to a mighty wind: literally, “spirit or breath [*ruah*] of God”. In these two passages of scripture I just shared, what connections do we see?)

- In the beginning, there was no life on the earth, for God had not sent rain (*life giving water*)
- God formed man, then *breathed* life into him
- After the Resurrection, Jesus sent His disciples forth with the *Word of life*
- Jesus *breathed* upon them and said, “Receive the Holy Spirit.”

## Quotes:

– *A Metaphorical Story about Saint Augustine*

Augustine was walking along the seashore trying to figure out the mystery of the Holy Trinity and came up to a little boy. The boy was trying to pour the ocean into a hole in the sand with a seashell. Augustine told the boy what he was doing was impossible. Then the little boy told Augustine that it is also impossible for the mind of man to try to understand the mystery of the Holy Trinity. The little boy turned into an angel and disappeared.

– *Venerable Fulton Sheen*

The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description.

## Final Thoughts:

Well, I mentioned we might have a challenge getting through this mystery within the confines of our time. Perhaps the legendary story of Saint Augustine and the boy attempting to put the ocean into a hole might reveal a little as to why, once more, we have barely scratched to what just one mystery of the Rosary might lead our hearts.

Of course, as we mentioned with the mysteries we already discussed, we are not going to follow the entire path to which the Rosary draws us within the average 15 minutes in which we may pray one chaplet of the Rosary. What this reveals is that the Angelic Psalter is a journey which reveals portions of the mysteries to our hearts as we pray and as we allow the Holy Spirit to guide our path of this ultimate treasure map. If we are to receive the fullness of those mysteries, we should pray the Rosary regularly and we should ask the Holy Spirit to guide our hearts to what He desires for us to see.

If we look at how the Rosary has led hearts over the centuries, we see saints, popes, doctors of the church, priests, and so many lay people speak of how the Rosary has opened their hearts and led them on the journey of their faith. It is a conversation by which we may open our hearts to learn and a conversation by which we may lift up our praise, thanks, and petitions for His help. The worship we express through the Rosary is for God alone. Still, in our iniquities, we ask our Blessed Mother to pray for us.

We should consider too, when I mention the Rosary is the ultimate treasure map, it is a means by which the treasures of our faith are revealed within our hearts. It is also a means by which we may discern the gifts which the Holy Spirit imparts to each person as He wishes (cf. 1 Corinthians 12:11). Next time, we will discuss the gifts of the Holy Spirit and how, as we listen for the “*light, silent sound,*” (cf. 1 Kings 19:12) of our Lord within our hearts, He will help us see the gifts He has placed in us and the purpose to which He desires they may be put so that His will may be done.

**Wrap Up:** Well, our time has come to an end. We hope you will be able to join us next week as we turn our discussion to our discernment of the gifts of the Holy Spirit.

Let us conclude with a prayer: Heavenly Father, we thank you for this opportunity to share the blessings of our trust and faith in You. We pray that as we go our separate ways, You will continue to walk with us and help us to see how we may put on the armor of **truth, righteousness, peace, faith, salvation**, and the **Word** of the gospel not only for the benefit of our lives, but also the lives of all who cross our path. In the name of the Father, the Son and the Holy Spirit, we pray. Amen.

Thank you all and God bless.

**Next Session:** The Rosary – Part IX: Gifts of the Holy Spirit

**Why Catholics Do What We Do References:**

Denver Catholic; (7 Feb 2018); How to live Lent, according to the Catechism;” Archdiocese of Denver; <https://denvercatholic.org/live-lent-according-catechism/>

Mansfield, Becky; (20 Feb 2020); “Best Lent Ideas : What to give up for Lent;” Your Modern Family; <https://www.yourmodernfamily.com/10-lent-ideas/>

**Discussion References:**

The New American Bible, Revised Edition (NABRE); (9 Mar 2011); United States Conference of Catholic Bishops; <http://usccb.org/bible/books-of-the-bible/index.cfm>

USCCB; (May 2016); Catechism of the Catholic Church; United States Conference of Catholic Bishops; <http://ccc.usccb.org/flipbooks/catechism/index.html>