



***The Armor of Faith***  
**Topic Summary: Spiritual Warfare**  
***Part IV: More About Knowing Ourselves***



*David Prays for Mercy*  
*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.

On our program today, we will talk about a powerful weapon for peace, Sharon will talk about Saint Damien of Molokai, and we will continue our discussion on Spiritual Warfare with more considerations as we seek to address the Art of War concept of knowing ourselves.

I am joined today by my panel: [names]

Helen is a lay-Dominican with a love for music ministry. The Dominicans, I always mention, are also known as the Order of Preachers. Sharon is no longer the only cradle Catholic on our team, as we are now blessed to have on our panel, Donna Mae, who is the artist who sculpted the statue of Our Lady of America which was carried by our youth and blessed by Saint John Paul II at the 1993 World Youth Day.

Of course, as everyone knows by now, I'm here to ask the simple questions because it sounds like the simple thing to do. I don't know what that really means, so I will let everyone ponder that for awhile. Anyway, 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 as well as their petitions for the blessings of Your great mercy.

Dear Lord, we lift up our hearts in thanks and praise for the progress Jared has made and we pray You will continue to walk with him as he continues the fight for health.

We pray also for the soul of Geska, whom you recently called home to Your embrace.

Dear Lord, we continue to pray for peace in our day. We pray You will guide us in our talents so that we may help to accomplish Your will, which Saint Faustina reminds us is love and mercy itself.

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 listen to us on any device where you can connect to the Internet, including 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 your assistance in evangelization. By sharing the URL for our show, you can help us spread knowledge of our faith. All you need to do is share the URL, [wcatradio.com/armoroffaith](http://wcatradio.com/armoroffaith) via email or social media and tell family and friends as well. Several of the streaming services through which we are available on demand also have share options, so we invite you to join the evangelization and help us spread the good news of the Gospel and our faith in Jesus Christ. You can also help us by selecting the follow or subscribe option associated with the service through which you listen to our show.

## **Current Day Commentary:**

### ***Pray to Heal a Nation***

I hesitated to comment on this today because I do not want to give the impression that I am encouraging anyone to place themselves in the way of physical harm, but a couple of weeks ago, I saw a video of a woman of courage. She was not a soldier or first responder who runs to the danger as others flee, but she clearly demonstrated the courage her mayor and city council appear to lack in the face of the Marxist violence in their city.

This woman was an elderly woman with a walker. I watched as she struggled with a small fire extinguisher to put out a fire set by what the mainstream media call, “peaceful protesters.” The agitators mocked her as harmless. One young woman, clad in black, stood in the elderly

woman's way to block the woman with a walker from putting out the fire. I must confess, a cheer went up in my heart as the agitator got doused with the fire extinguisher simply because of the persistence of the woman with a walker. I found myself cheering for the courage of this woman, and I understand she was not the only one, as there was also a story of another elderly woman who the Marxists doused with paint. (Saavedra, 7 Aug 20)

I do not recommend our elderly go out and confront the Marxists in the midst of their violence, because I have also seen reports of an incident where the Marxists went after a Veteran in a wheelchair. (Saavedra, 9 Aug 20) I won't say that such a time will not come where we may need to physically stand in the face of violence, but we should leave the direct confrontation against the violence to the authorities who are trained and equipped to disarm the agitators. At the same time, we must consider the image of courage demonstrated by these women as they stood in opposition to the violence.

I have a suggestion, and while the images of these women are powerful, I am suggesting a more powerful response to the violence of our day, and that is the response of prayer.

During the "Current Day Commentary" I presented in Armor of Faith Radio episode 155, I mentioned Father Pavlicek's call for a Rosary Crusade. I also mentioned Father Calloway's description of the Rosary as a spiritual sword. This weapon is so powerful that we do not need to wait to deploy it on the ground of the enemy, but we can choose the ground. We will talk more about that concept during later episodes of our series on Spiritual Warfare.

The Rosary is a weapon we may deploy against evil whether we pray it in private or in public. We all have an opportunity to pray and encourage others as well. We can ask our family and friends to pray with us. We can swell the numbers of those who pray it before or after Mass. We can swell the numbers of those who pray it during Adoration. We can suggest gatherings to pray it in front of our parishes, on the sidewalk, or in public parks so that others might be encouraged.

Another prayer we should not forget is the Saint Michael Prayer which Pope Leo XIII added to the end of Mass in 1884, but which was suppressed by Vatican II in 1964. Even if it is not a current practice of our parish, there is nothing which stops us from praying it and encouraging others to join us.

I know, some will tell us that Canon Law prohibits anyone other than the appropriate ecclesiastical authority from changing the liturgy, but it does not change the liturgy to gather after the Mass to pray. Remember how the Mass ends as the deacon or priest announce, "The Mass has ended. Go and announce the Gospel of the Lord." Let us remember what we do when we gather to pray the Rosary and the Saint Michael Prayer. And if you would like to learn about how we share the Gospel as we pray the Rosary together, we invite you to listen to the Armor of Faith Radio series on the Rosary, which begins at episode 128.

As we face the injustices of our day, we must remember, our salvation does not depend on whether this ideology or that is right or wrong, it is a matter of whether we understand and live what God asks of us. Let us, then, allow the Holy Spirit to lead us in how we may become instruments of His peace.

## Why Catholics Do What We Do:

### *Saints – Part VIII:*

A couple of weeks ago we talked about Saint Marianne Cope. She was called to Hawaii to assist in the mission of caring for people with leprosy. The call for help came from Damien de Veuster, so I thought it appropriate to learn about him as well.

#### **St. Damien de Veuster of Molokai, SS.CC.**

Damien de Veuster is better known to us as Saint Damien, the missionary to the lepers of Molokai, Hawaii. His feast day is May 10.

In 1840, a baby was born in Tremelo, Belgium, to a farmer and his wife. The baby was named Joseph de Veuster. The family was poor even by standards of the time and when young Joseph was 13 years of age, he quit school to find employment to help his struggling family on the farm.

Joseph had an older brother who entered religious life. He became a priest and was asked to move to Hawaii in service of lepers on the Island of Molokai.

With the brother no longer living at the home, Joseph, by decree of his father, was to take on the family business and continue running the farm. Joseph however, had different thoughts. In 1859, when he was only 19 years old, he entered the novitiate portion of his formation with the order of the Congregation of the Sacred Hearts of Jesus and Mary, just like his brother.

While in his studies, Joseph's brother fell ill and was no longer able to make the move to Hawaii. Joseph volunteered to go to Hawaii in his brother's place. The year 1864 was extra special for young Joseph. He moved to Honolulu in March and in May he was ordained a priest. On his ordination, he took on the name of Damien. Naturally, since he was already there, the newly ordained Fr. Damien was assigned his first pastoral ministry on the island of Hawaii.

The government held concerns about the spread of leprosy and moved to exile all victims of this disease to the island of Molokai. Answering a request for a priest to go to the exile island, Fr. Damien again volunteered to go. It is not known if Damien had intended to make this his life's work or if this was only to be a short time position, but as it turned out, Fr. Damien went to Molokai in 1873 and stayed until his death in 1889.

Fr. Damien was a joyful man and spent his days caring for his charges with great happiness. He ministered to the people in ways that elevated their spirits despite the gloom of their health and the destruction of their bodies. Father brought about reasons for living and all learned to live with love.

Fr. Damien was an excellent example to all, that there is reason for life and that all should live their lives as examples of the Gospels. He was very devoted to his community. He loved

everyone around him and devoted his life, love, and energy to the care of his people. He was truly an example of being a father to all.

In 1885 he learned that he had contracted the disease of his people. Now he could truly understand how the lepers felt. He is known to have addressed his people with, “We. Lepers.”

He adored the Eucharist and spent many hours in adoration. He told his friends that his strength came from Jesus and encouraged others to spend time in adoration as well. Although I cannot find from where this quote comes, all accounts claim that he wrote, “It is at the foot of the altar that we find the strength we need in our isolation...” Keeping this in mind, he was known as the happiest missionary in the world.

After being with his patients for sixteen years, Fr. Damien died of leprosy on April 15, 1889. His remains were sent back to Belgium in 1936 and are buried in the crypt of Saint Anthony's Chapel in the church of his religious order, the Congregation of the Sacred Hearts of Jesus and Mary.

Because others knew how devoted Fr. Damien was to his patients, stories of his life with the lepers were spread far and wide. People around the world would know of Fr. Damien, as “the Leper's Priest”.

We have talked about the required miracles that must be attributed to a person before beatification or canonization can occur. The first miracle for Fr. Damien was in 1895 when Sister Simplicia of the Sacred Heart Sisters was near her death. She had suffered seven months of an intestinal disease. She had been praying for a cure through the intercession of Fr. Damien. Seems she recovered overnight. After investigation, the miracle was approved in 1897. The second miracle happened in 2008 when Audrey Toguchi was healed from cancer.

The process of sainthood began for Fr. Damien in 1938. In 1977 Pope Paul VI signed a Decree on the “heroics of his virtues”. In 1995 Fr. Damien was beatified by Pope John Paul II and in 2009, he received the status of Saint, imposed by Pope Benedict XVI.

Fr. Damien has become a popular Saint over the years and a heroic legend in Hawaii.

The following is a prayer to Saint Damien from St. Joseph's Church in Brusselton WA:

*Saint Damien, you ministered to those in despair and isolation.*

*I call upon you to open my heart and mind, to care for the poor, the sick, the weary, and those forgotten. Bestow upon me the inner strength of faith, and unconditional compassion to be a disciple of Christ. As a Spartan, I come before you a humble servant of God, bless me with the spirit of your love and instill in me the touch of healing and grace that you yourself possessed. Amen!*

***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 Saint Damien of Molokai, 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 160.

## Discussion:

As we concluded our discussion last time, I mentioned that knowing ourselves begins with honesty with ourselves. Of course, that is a lot easier said than done. In that honesty, we are likely to discover things about ourselves we do not like and things we know we must change. As we look to change, we may be excited at the prospect of self-improvement, but we may also struggle or even feel helpless towards attempting to accomplish that change because of a variety of issues.

Change management and self-improvement experts will tell us that we are unlikely to change ourselves for the long term until the pain of not changing exceeds the pain of changing. We will talk more about this during future discussions, but we must understand that the first step towards change is the recognition of the need. Another important step is to understand the benefit, which takes us to an honest assessment of our motivation.

Perhaps the most important thing we must understand as we assess ourselves, is that when we uncover concerning weaknesses, we must not fall to the temptation of despair, for that is the worst ground from which to fight. Should we feel that temptation, and again, this is more easily said than done, we must remind ourselves that we do not walk the path alone and there is always reason for our hope. We may not comprehend the trial of the moment, but if we trust in our Lord, He will lead us to the greater good to come.

Today, as we continue our discussion concerning the importance of the Art of War concept of knowing ourselves, we will begin with our assessment of “Relationships and Alignments.” Our relationships can give us both advantages and disadvantages. Where we are in alignment with others, we can encourage and support one another. Where we are not in alignment can be exploited by the enemy to divide us. The enemy can also use our relationships to seduce us away from our good relationships. How we assess and manage, our relationships, then, is an essential element of knowing ourselves.

As we look at our relationships, we also face the same challenge of honesty. We must look at the nature of a relationship, the strength of it, how we may cultivate what is good and protect ourselves from ways we may be adversely influenced or manipulated. We must also consider the influence we have on the relationship and how that influence may be used to help accomplish the will of God.

**(Question 1:** To accomplish this assessment, we must consider the range of our relationships. What are some of the relationships we should examine?)



**(Question 2:** The next thing we must assess are the spiritual weapons available to us, their nature, their power, their accuracy, the logistical support required, and our proficiency in their use. What are some of the spiritual weapons available to us that we should have in our arsenal?)



Remember the scripture I mentioned at the beginning of our discussion last time where Jesus asked:

(Luke 14:31)

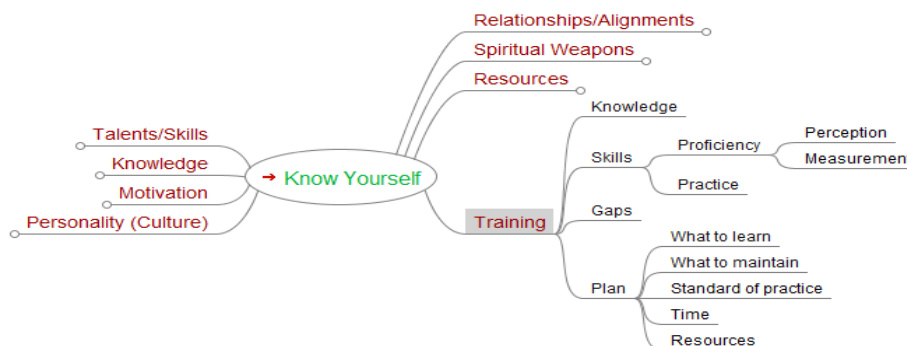
*28 Which of you wishing to construct a tower does not first sit down and calculate the cost to see if there is enough for its completion? 29 Otherwise, after laying the foundation and finding himself unable to finish the work the onlookers should laugh at him 30 and say, 'This one began to build but did not have the resources to finish.'*

**(Question 3:** And so, we must also assess the resources we have to help accomplish the will of God. What are some of the resources we should assess and what should we do if we find those resources lacking?)



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**(Question 4:** As we conclude our assessment of ourselves, we then want to evaluate the training we must conduct to mitigate or eliminate our weaknesses, maintain our strengths, and improve our proficiency. **What should we consider as we evaluate our training?)**



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**(Question 5:** Of course, as we assess ourselves and discover we come up wanting, we are also likely to assess that we may not be ready to defend ourselves in the face of spiritual battle. **So, what does that mean to us if we assess we are not ready for the battles we face?)**

- We may withdraw to a place of protection and safer ground, not to lick our wounds, but to change our condition
  - ➔ We should assess our role and capabilities to stand firm
  - ➔ We must work on our weaknesses
  - ➔ We should work on our alliances
  - ➔ We must work to maintain our strengths
- We must remember to turn to our Lord and ask for His Mercy and Grace (Remember Grace is God's undeserved help)
- We must turn to our Lord and ask Him to guide us to how we may protect and defend our soul as well as the souls of others

### Quotes:

– Ephesians 4:17-24

*17 So I declare and testify in the Lord that you must no longer live as the Gentiles do, in the futility of their minds; 18 darkened in understanding, alienated from the life of God because of their ignorance, because of their hardness of heart, 19 they have become callous and have handed themselves over to licentiousness for the practice of every kind of impurity to excess. 20 That is not how you learned Christ, 21 assuming that you have heard of him and were taught in him, as truth is in Jesus, 22 that you should put away the old self of your former way of life, corrupted through deceitful desires, 23 and be renewed in the spirit of your minds, 24 and put on the new self, created in God's way in righteousness and holiness of truth.*



– 2 Timothy 1:7

*7 For God did not give us a spirit of cowardice but rather of power and love and self-control.*

– Romans 12:2

*2 Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.*

– Matthew 6:33

*33 But seek first the kingdom [of God] and his righteousness, and all these things will be given you besides.*

– Saint John Paul II

The future starts today, not tomorrow.

### **Final Thoughts:**

During the course of today's discussion, we addressed several areas where knowing ourselves requires assessment of relationships, spiritual weapons, resources, and training. Some might ask, but some of these things are outside of ourselves, so how is this an assessment of ourselves? We must remember, what is outside of us may still influence us; therefore, these things we discussed during our last episode as well as today are part of what makes us who we are.

We also mentioned the importance of honesty with ourselves. If we are not honest as to our strengths, weaknesses, and status of our abilities, we may reach for an empty weapon when we need the magazines full. We must also recognize when our spiritual stores are depleted and we need refueling and rearmament. We know the spiritual supply depot when our spiritual resources are low is the Sacred Heart of our Lord.

I should also point out that even during times of peace, soldiers train for what they must be prepared to do on the battlefield. We must not be complacent in our training, and we must remember, one of the most important elements towards establishing an effective training plan is to know ourselves. We must also remember that when we complete a training cycle, we must evaluate the effectiveness of our efforts, revise our training plan, then, begin a new cycle.

We hope you will find Armor of Faith Radio a resource to which you can turn to assist you in your spiritual and self-improvement training.

**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 the importance of knowing our environment.

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:** Spiritual Warfare – Part V: Know Your Environment

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