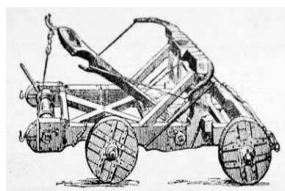




***The Armor of Faith***  
**Topic Summary: Spiritual Warfare**  
***Part XVI: The Spiritual Catapult***



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## **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 with a love for music ministry. The Dominicans, I always mention, are also known as the Order of Preachers. In addition to being my lovely wife and my blessing, Sharon is a youth and adult formation catechist. We are also 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 Word Youth Day.

Of course, as everyone knows by now, I am simply here to ask questions because it gives us something to talk about, otherwise, the panel might end up talking about me and that just wouldn't be pretty. 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 also pray that corruption will be exposed and truth revealed. Protect us, oh Lord, from all the deceptions, disruptions, and designs of the evil one.

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). We ask that you include the word “prayer” in the subject line so that we will give it priority and ensure we capture it and get it placed in 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 the course of our daily prayers.

We would like to remind you that we are available through a variety of on-demand services. In addition to [wcatradio.com/armoroffaith](http://wcatradio.com/armoroffaith), we are available through streaming services, such as iHeart Radio, Spreaker, iTunes, Apple PodCasts, Spotify, and CastBox, among a host of 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 you to assist us in our 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 trust 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:**

### ***Politics and Faith***

During our last episode, I mentioned that politics is about power, so it is a favorite place for the evil one to play. We are tempted to believe politics are about whether this political ideology or that is right or wrong, but we must recognize that the political ideologies of political people often present themselves as dangerous distractions because of their many flaws. When we consider politics and faith, it is not about whether this political ideology or that are right or wrong, it is about whether we understand what God asks of us.

No matter how the current election turns out, this is but one battle where the faithful must engage to help accomplish the will of God, which Saint Faustina reminds us is love and mercy itself. We often agree there are problems we must address, but the political evils are hidden in the means and solutions. As with any war, we must continually assess the fluidity of the battlefield and our capabilities to hold ground and influence outcomes of conflict. At the same time, we must protect ourselves from being lured into bad decisions, either through wishful thinking or bad information.

Despite who sits in the White House, we can expect the battles over life, marriage, and family to continue to rage. We can expect every effort by the enemy to demoralize us, especially through

the use of propaganda fed to us through academia, and the entertainment, news, and social media. We can expect the persecution of the faithful to continue and perhaps even increase as the evil one perceives his time is running out.

Of course, this is not the first time the evil one has stirred chaos to set the children of God's creation against one another. The battles rage around us both within and without of the Holy Church Christ built upon Peter as they have for centuries. It all may appear overwhelming and hopeless at times, but that is exactly what the evil one wants us to think.

Instead, we must ask ourselves, where must we engage so that others might discover the holy truth of our Lord? Where must we engage so that we may shine the light of God? Where must we engage to tend to the less fortunate? Where do we engage to encourage responsible use of the resources God has given us? Where must we engage to protect the sanctity of life? Where must we engage to protect the sanctity of marriage? Where must we engage to enable and protect the blessings of family? Where do we engage to protect the innocence of our children? Where do we engage to enable our children to take their place within their generation to help accomplish the will of God? Where do we engage to protect our good shepherds? Where do we engage to encourage vocations?

Our Lady warned us at Fatima that if her requests were not heeded, Russia would spread her errors to the world. Indeed, they have infected many countries, including our own; a country once admired by the world for its freedom and opportunity; freedom and opportunity which Marxism and other ideologies endeavor to destroy. The force of those errors is formidable. We must stand firm against the hate against one another which it stirs. We must ask the Lord to guide us in how we may counter those errors with His holy truth.

As we engage, we must remember what Saint Peter taught. He writes:

(1 Peter 3:8-22)

8 Finally, all of you, be of one mind, sympathetic, loving toward one another, compassionate, humble. 9 Do not return evil for evil, or insult for insult; but, on the contrary, a blessing, because to this you were called, that you might inherit a blessing. 10 For:

“Whoever would love life  
and see good days  
must keep the tongue from evil  
and the lips from speaking deceit.  
11 must turn from evil and do good,  
seek peace and follow after it.  
12 For the eyes of the Lord are on the righteous  
and his ears turned to their prayer;  
but the face of the Lord is against evildoers.”

13 Now who is going to harm you if you are enthusiastic for what is good? 14 But even if you should suffer because of righteousness, blessed are you. Do not be afraid or terrified with fear of them, 15 but sanctify Christ as Lord in your hearts. Always be

*ready to give an explanation to anyone who asks you for a reason for your hope, 16 but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. 17 For it is better to suffer for doing good, if that be the will of God, than for doing evil.*

*18 For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the spirit. 19 In it he also went to preach to the spirits in prison, 20 who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. 21 This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, 22 who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.*

Let us reflect on these instructions. Let us allow for them to simmer within our hearts, then, let us allow them to lead us to action so we may help do the will of God, which, if I haven't mentioned before, Saint Faustina reminds us is love and mercy itself.

## **Why Catholics Do What We Do:**

### ***Catholic Definitions:***

Saints are done for now. There are sooo many wonderful saints that we can learn fabulous amounts of faith and goodness from, so we will return to learn from and about them from time to time. But for now, we need to move on.

A few days ago I was pondering where to go from here and Holy Spirit power hit me upside the head. Learn what Catholic words mean and their history. Hmm. The first word that came to mind was Catholic. Do we know what it means and how it came about? I am sure that Jesus did not start off His ministry by telling folks, "I am Catholic." Jesus spoke Aramaic and Catholic is a Greek word. So how did this word come into our use and why?

There are tons of words we use in the Catholic faith and I am sure other Christians also use them. The question here is, do they mean the same thing? We will of course talk about what these words mean for Catholics.

So here we go with learning what our Catholic language means. Little did I know, until beginning to research this, that the word catholic has a long history. Doing this one word is going to cause us to explore it for at least two, maybe more sessions.

## **Catholic**

According to our friends, Merriam-Webster, the word catholic has two meanings.

- 1 : a person who belongs to the universal Christian church
- 2 : a member of a Catholic church

This definition seems clear enough, but wait, where did it come from and again, what does it mean?

The word Catholic comes from the Greek language. In Greek it is “katholikos.” This is a combination of words. “Kata” which means “concerning” and “holos” which means “whole.” So, “katholikos” is literally translated as, “concerning the whole.”

Concerning the whole is also translated to mean “universal.” The word “universal” also comes from two Greek words, “uni”, which means one and “vertere,” which means turning. So “universal” means, “one turning” or “turned into one.” This means that “catholic” translated from Greek to English means, the one universal or becoming the one universal. Then when we add “church” to it, it means, “the one universal church.”

Anyway, this is how Merriam-Webster came up with the definition, universal Christian church for the Catholic Church.

Let us go back to the beginning to find out how this “one universal church” came about. When Jesus was walking the Earth and teaching the Apostles, do you think He told them that they were to build “the One Universal Church”? Of course He did. Did He use those words? Did the followers understand what their task was? Maybe, maybe not. But they did know that they had to spread the news of Jesus far and wide.

The Apostles were sent out to all corners of the Earth to spread the Word of God as they had been taught by Jesus Himself. In the beginning of this ministry, the numbers of devotees were very few. Those who would listen and learn were first the Jewish people as these were the people the Apostles already knew. Eventually they moved about and taught the truths, the stories, and the miracles of the Jesus that they knew and loved. The numbers of followers grew and before long the teachings of Jesus were being shared throughout the entire Roman Empire.

With all this growing, one would want to have a term or word to denote who these people were. Catholic, meaning, “the One Universal Church,” seemed to be appropriate and thus began the use of this term. After all, this new church called Catholic was made up of Jews, Gentiles, Romans, people from every tribe, the rich, the poor, the slaves and the free persons. What a perfect word to describe this new church. All these people turning into one religion. All these people claiming to be part of the universal church---the Catholic Church.

The term Catholic was being used as early as the second century. It was meant to identify persons who followed the teachings of Christ. Toward the end of the second century, this word, Catholic, was being used to show a separation from other religious activities and persons, and to denote that these were the followers of the One Universal Church of Jesus Christ.

*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 definition of “Catholic,” 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 172.

## Discussion:

As we concluded our discussion last time, I mentioned that anyone may declare themselves a soldier, but to fight effectively requires education and training. As our discussion so far in this series reveals, there is a lot to learn.

In boot camp, a soldier is educated and trained on the skills required for the job they were selected to perform in response to the enemy. Not all are in the infantry, for an effective army requires the teamwork of a variety of skills by which to engage the enemy if they are to prevail in the fight. Still, everyone must have knowledge of the basic skills which every soldier must have, so new soldiers are trained first in the basics, then, they are trained in their specialty.

For spiritual warriors, it is no different. To be effective spiritual soldiers, we must learn the basics of our faith. This is perhaps the focus of the religious formation we receive in our youth or through RCIA for those just discovering or learning the faith in their adulthood. The vocation to which God calls us and to which we answer through our choices, is perhaps our specialty; whether it is single life, religious life, clerical life, or married life. To be effective in our faith, as well as our vocation, requires our study and learning. We should also remember effectiveness requires an ongoing commitment to training by which to keep our skills and abilities fresh and tuned. To be prepared with the basics, we must periodically revisit and practice them.

We congratulate our listeners for taking that step of learning by spending some time with us. We hope you will share and help others to learn as well so we may all encourage one another to help accomplish the will of God, which if I have not mentioned before, St. Faustina reminds us, is love and mercy itself.

Today we are going to conclude our series concerning spiritual warfare with a discussion of what I am coining as the “spiritual catapult.” This came to mind after we discussed what our Lady referred to as the “battering ram.” In his book, Secrets of the Rosary, Saint Louis de Monfort recounts a conversation Our Lady had with Saint Dominic.

At this point our Lady appeared to him, accompanied by three angels, and she said, "*Dear Dominic, do you know which weapon the Blessed Trinity wants to use to reform the world?*"

"Oh, my Lady," answered Saint Dominic, "you know far better than I do, because next to your Son Jesus Christ you have always been the chief instrument of our salvation."

Then our Lady replied, "*I want you to know that, in this kind of warfare, the battering ram has always been the Angelic Psalter, which is the foundation-stone of the New*"

*Testament. Therefore, if you want to reach these hardened souls and win them over to God, preach my Psalter."* (Monfort 15)

Now, I noticed there are two different versions of this translation. In one, Our Lady refers to the weapon as the "principal weapon," but in another translation, the description "battering ram" is used in place of "principal weapon." (Pray the Rosary Apostolate) Not knowing the reasoning of the translators, my theory is that the original wording attempted to convey a very powerful weapon, which of the time, was a battering ram. Perhaps another translator thought that the description, "battering ram," would not be understood considering the technology and power of modern day weapons, so the focus was upon the importance of the weapon as opposed to its size and power. Of course, this is just a theory, because a more literal translation of the French would be "the principal drum part." This caused me to think of the analogous nature of what was being conveyed about the Rosary. The term "battering ram" is presented as an analogy, which, according to our friends, Merriam-Webster, is "a comparison of two otherwise unlike things based on resemblance of a particular aspect." (Merriam-Webster)

**(Question 1:** To understand an analogy, we must examine the characteristics from which we may form a mental understanding of the concept conveyed. **When we think of a "battering ram," what characteristics come to mind?)**

- Wielded by a team (what the US military calls a "crew served weapon")
- Knocks open doors, gates, or walls
- One of the most powerful weapons of its time
- Of course, the archers shooting arrows and soldiers throwing down rocks or pouring down boiling oil posed a nuisance to the battering ram crew
- But then, the battering team were often protected with shields, counter archers, and other weapons

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**(Question 2:** So, now, lets think about how these characteristics help us visualize the power of the Rosary. **How might the characteristics we discussed align with our understanding of the Rosary?)**

- We always pray the Rosary as a team
  - ➔ We may pray with one or more others
  - ➔ Even when we are alone, we always ask Mary to pray with us
  - ➔ We can also ask the angels and saints to pray with us
- Knocks open the doors, gates, or walls of the most hardened of hearts
- A powerful cry to heaven
- There are many critics with slings and arrows
- Those who know their faith, know the power of the Rosary to help us deflect the slings and arrows of critics

Unless you are a brand-new listener, you might remember we did a series concerning the Rosary, episodes 128 to 139, which everyone can listen to on-demand. Then, we followed that series up with episodes 140 – 149 to discuss a different spiritual weapon, but I didn't have an analogy for this particular weapon at the time.

**(Question 3:** As we engaged our current series, I pondered, if we refer to the Rosary as a “battering ram,” what might be a weapon of the similar time that we might use to describe another very powerful spiritual weapon, and I thought of the catapult. **When we think of a catapult, what are some of the characteristics which come to mind?)**

- A “crew served weapon”
- Distance weapon (hopefully out of range of the opposing archers)
- Used to hurl objects over obstacles or bring down walls and gates
- Most powerful weapon of the time

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**(Question 4:** Now, let us consider this analogy as we reflect on the Divine Mercy Chaplet. The Rosary brings hearts to Jesus and Mary. The Divine Mercy offers the most powerful salvation for souls. **How might the characteristics we discussed a moment ago align with our understanding of the Divine Mercy?)**

- A “crew served weapon”
  - ➔ Jesus loaded the ammunition of salvation, Mercy; we pull the trigger
  - ➔ We may join with others and ask Mary, angels, saints, and loved ones to pray with us
- Like any prayer, no one can stop us from praying
- His Mercy opens hearts and enables love to be shared
- It covers the great distance of our sin
- Not only a weapon to defend against the evil one, but one of eternal healing

**Note:** To learn more about the power of the Divine Mercy, we recommend listening to our Divine Mercy series, which may be found at episodes 140-149. We also recommend episodes 162 and 163 which discuss what Jesus taught Saint Faustina about spiritual warfare.

### Quotes:

– Saint Faustina - (Diary, 1760)

*My daughter, I want to teach you about spiritual warfare. Never trust in yourself, but abandon yourself totally to My will. In desolation, darkness and various doubts, have recourse to Me and to your spiritual director. He will always answer you in My name. Do not bargain with any temptation; lock yourself immediately in My Heart and, at the first opportunity, reveal the temptation to the confessor. Put your self-love in the last place, so that it does not taint your deeds. Bear with yourself with great patience. Do not neglect interior mortifications. Always justify to yourself the opinions of your superiors and of your confessor. Shun murmurers like a plague. Let all act as they like; you are to act as I want you to.*



*Observe the rule as faithfully as you can. If someone causes you trouble, think what good you can do for the person who caused you to suffer. Do not pour out your feelings. Be silent when you are rebuked. Do not ask everyone's opinion, but only the opinion of your confessor; be as frank and simple as a child with him. Do not become discouraged by ingratitude. Do not examine with curiosity the roads down which I lead you. When boredom and discouragement beat against your heart, run away from yourself and hide in My heart. Do not fear struggle; courage itself often intimidates temptations, and they dare not attack us.*

*Always fight with the deep conviction that I am with you. Do not be guided by feeling, because it is not always under your control; but all merit lies in the will. Always depend upon your superiors, even in the smallest things. I will not delude you with prospects of peace and consolations; on the contrary, prepare for great battles. Know that you are now on a great stage where all heaven and earth are watching you. Fight like a knight, so that I can reward you. Do not be unduly fearful, because you are not alone.*

### **Final Thoughts:**

We often use analogies to help us understand concepts. Analogies are not always perfect, but still, they can help us envision what we may not be able to physically observe. As I have mentioned before, spiritual warfare is not about holding the ground of the world, it is about holding the ground of the soul. While the consequences of spiritual warfare may manifest themselves in the physical world in various ways, our greater concern are the consequences which we do not physically observe, especially the eternal consequences.

(Matthew 10:28)

[Jesus said] *And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna.*

When we do not see consequences in the physical world, we are tempted to believe we can let down our spiritual guard. Nothing can be further from the truth, for we must monitor all the avenues of attack which the evil one may use, for adversaries probe for the weakest point against which to mass their attack. We can expect no less of the evil one.

No successful army fights with only one weapon, nor should we. If we know the fullness of our faith, we shall see that our Lord has made many spiritual weapons available to us by which to protect our soul. Our ability to effectively use them will depend on our education and training. If we take advantage of no other training, let us at least partake of the training offered to us during Mass as we receive the instruction of our Lord through the Liturgy of the Word. Let us allow God to guide our heart as we pray.

We should also notice the objective of critics of our faith, which always seems to try and take away some element of the arsenal given to us by Jesus. Is this a means by which the evil one attempts to disarm us?

Our Lord taught us how to pray. He sent us the Holy Spirit. He gives us His body and blood as our Spiritual Food. He gave us His blessed mother. He gave us the Angelic Psalter. He offers us His Mercy. It is up to us to learn and correctly use all which God has given us.

So, let us diligently learn our faith. Let us make it a daily effort. Let us prepare ourselves and put on the whole armor of God; the armor of truth, righteousness, peace, faith, salvation, and the Word of the gospel. Let us take up the weapons of prayer which God has given us so we may stand firm against the tactics of the devil and resist on the evil day so we may hold the ground of our faith and the ground of our soul. Let us march forth in ministry; and should we find ourselves spiritually wounded, even with the slightest scratch, let us flee to the Sacred Heart of Jesus, the ultimate hospital for the soul, the hospital of His Divine Mercy.

**Wrap Up:** Well, our time has once more come to an end. We hope you will be able to join us next time as we begin a new series to discuss Our Lady's Flame of Love.

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:** Flame of Love – Part I: Gathering the Army and the Prayers Which Blind Satan

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