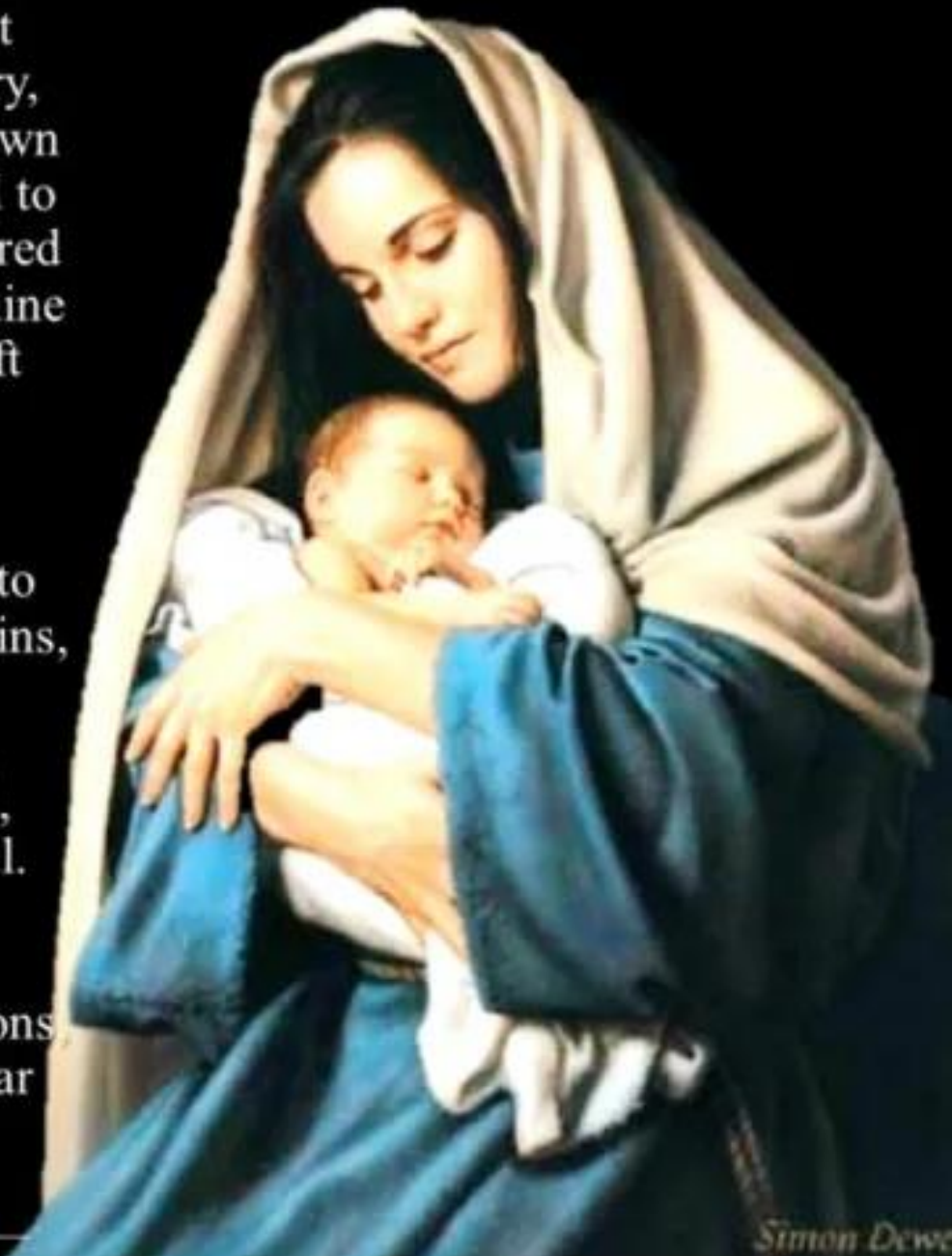


MEMORARE PRAYER

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions but in thy mercy hear and answer me.
Amen.



Chapter – 7

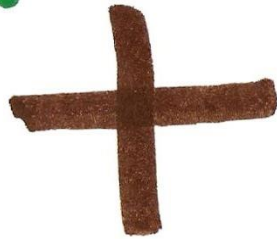
The cross and True Riches

"If **anyone** wishes to come after **Me**, he must **deny** himself, take up his **cross** daily, and **follow** me."

1.



2.



3.



Luke 9:23

Self Denial



Original Sin



The Old Person

The New Person

Baptism

A photograph capturing a baptism ceremony. A person is lying back, their head tilted, as water is poured over it from a white, textured container held by a dark-skinned hand. The person's eyes are closed, and their face is partially submerged in water. They are wearing a white garment. The background is dark, with some indistinct shapes, possibly a church interior.

Do you remember your Baptism date?

Staying Away from Sin

E A S Y



D I F F I C U L T

Is it



³ With GOD

All Things

are Possible

Matthew 19:26

WILL



NOT MY WILL *BUT* THINE BE DONE

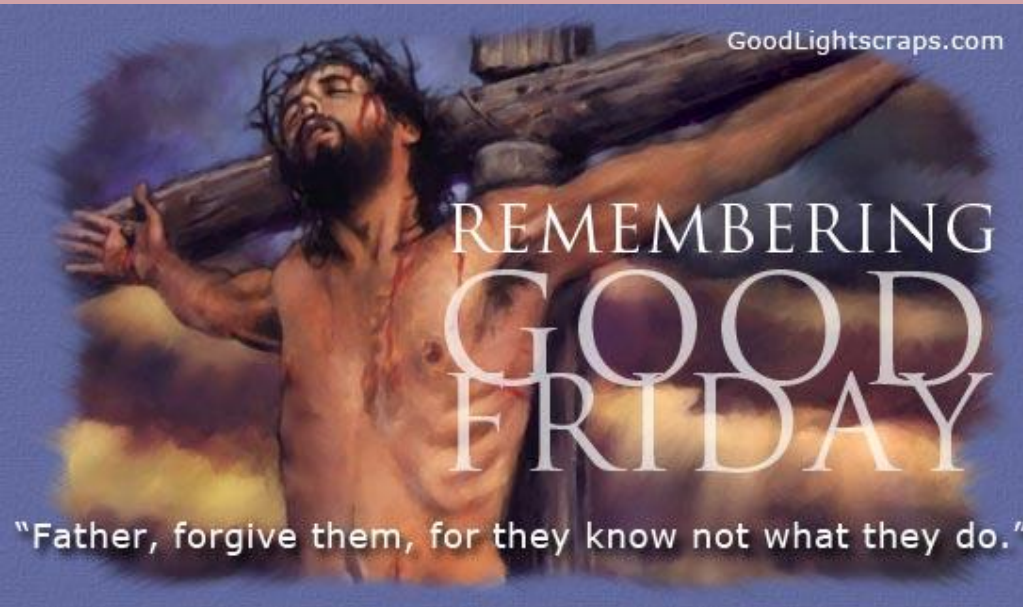
Luke 22:42



God
loves
a
cheerful
giver.

2 Cor. 9:7

Fasting and Abstinence



14 years – No Meat.

**18 to 60 years – 1 meal + 2 small
meals.**

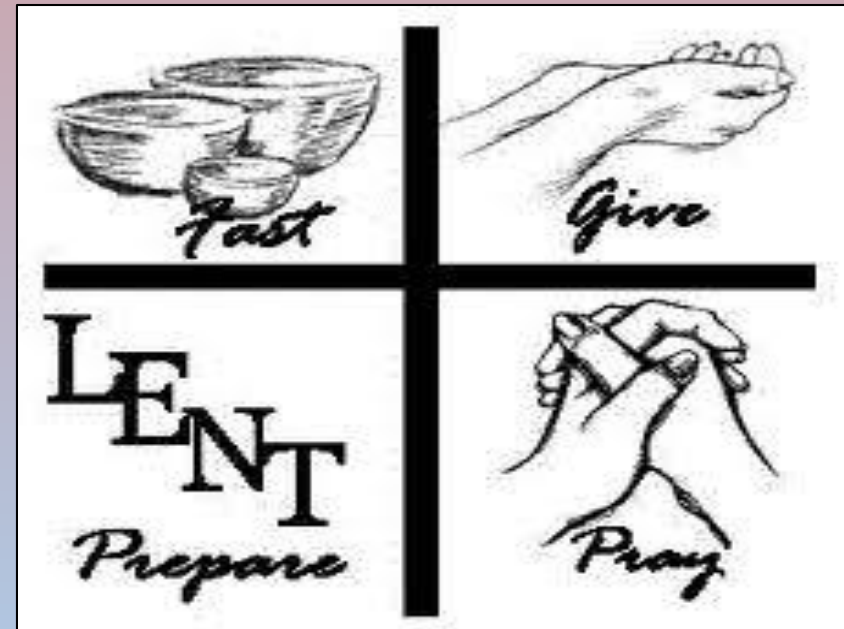
**How should we look
when we fast?**

Penitential Seasons

Spiritual Renewal



**Advent – 4 Sundays
before Christmas**



**6.5 weeks
before Easter**

- **Not having our way**
- **Forgiving an unkind word**
- **Turning from fun to duties/studies at proper time**
- **Not overeating**
- **Obeying our parents and elders**



What could be our cross?



Penance

Words to remember

Self-denial

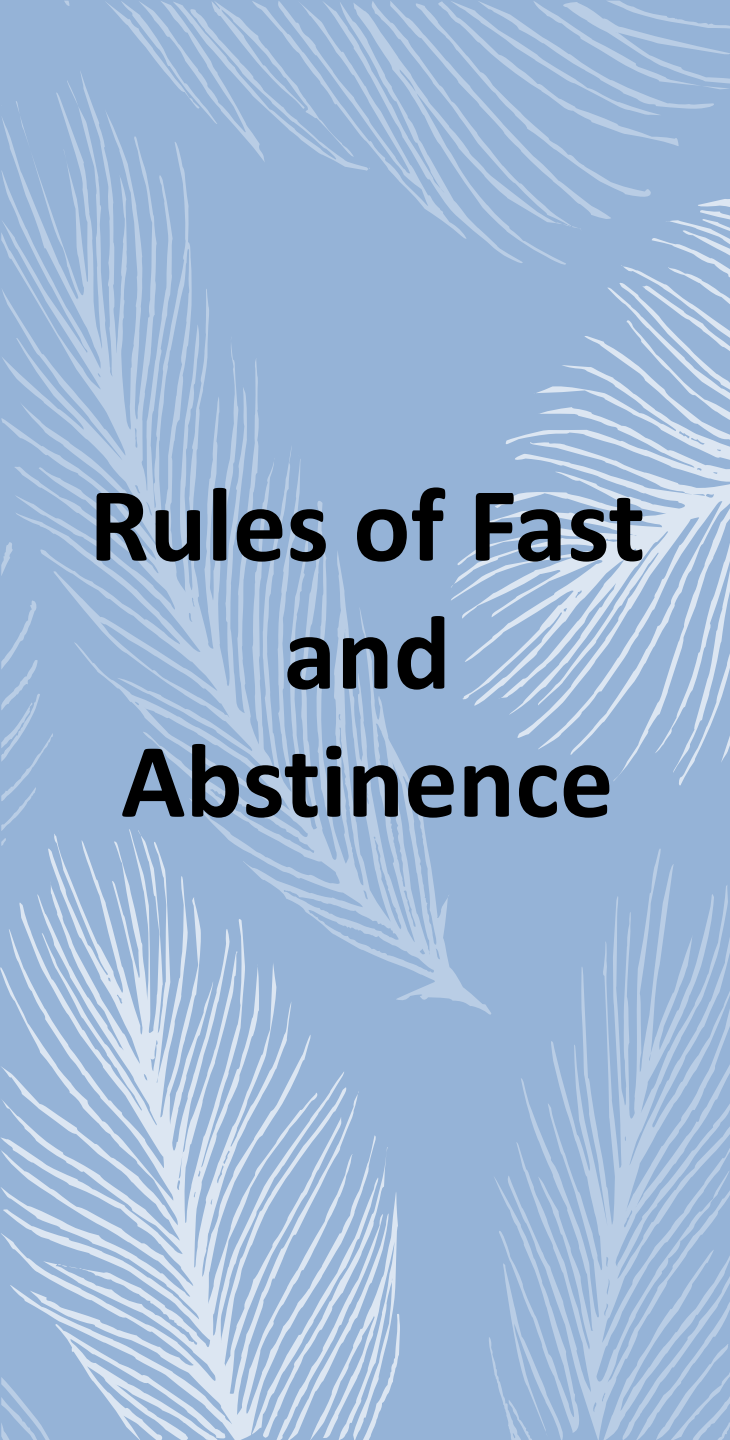
Penance

Fasting

Abstinence

Advent

Lent



Rules of Fast and Abstinence

- **Days and Times of Penance for the Universal Church** – each Friday of the whole year and the season of Lent.

- **Abstinence and Fasting** – Ash Wednesday and Good Friday, Abstinence on all Fridays during Lent.
- **Abstinence** – 14 years and above
- **Fasting** – 18 to 60 years

—

In the Heart of the Family



TEN COMMANDMENTS

I I AM THE LORD YOUR
GOD. YOU SHALL NOT
HAVE STRANGE GODS
BEFORE ME.

II YOU SHALL NOT
TAKE THE NAME OF THE
LORD YOUR GOD
IN VAIN.

III KEEP HOLY
THE SABBATH.

IV HONOR YOUR
FATHER AND
YOUR MOTHER.

V YOU SHALL NOT KILL.



VI YOU SHALL NOT
COMMIT ADULTERY.

VII YOU SHALL
NOT STEAL.

VIII YOU SHALL
NOT BEAR FALSE
WITNESS AGAINST YOUR
NEIGHBOR.

IX YOU SHALL NOT
COVET YOUR
NEIGHBOR'S SPOUSE.

X YOU SHALL NOT
COVET YOUR
NEIGHBOR'S GOODS.



HONOR YOUR
FATHER AND MOTHER

Would we
exist without
our Parents?

We are here because of them.

They are special

**They have given us
life**

**The gift is so great
that we cannot repay
them.**

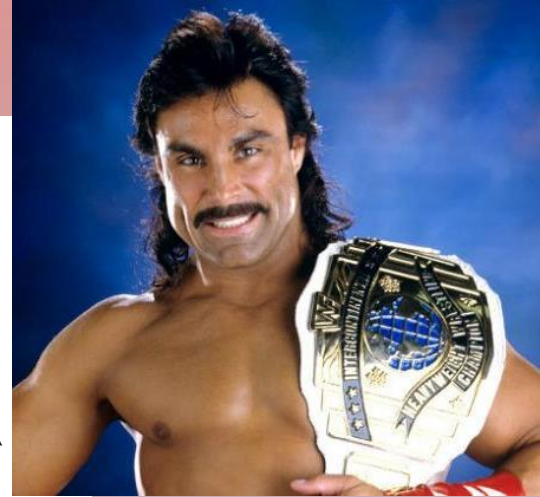



Marc Mero is an American retired amateur boxer and professional wrestler, as well as a motivational speaker. [Wikipedia](#)

Born: July 9, 1960 (age 56), [Buffalo, New York, United States](#)

Movies: [WWE: SummerSlam 1996](#), [WWE: SummerSlam 1998](#)

Books: [How to Be the Happiest Person on the Planet](#)





We children are
an extension of
our parents love

FA T H E R

AN D

MO T H E R

I

LO V E

YO U

Our parents
are in a
marriage
relationship,
but once they
have children,
we become a
family.

Can we forget
our parents
when we get
older?



Honor

**To hold in high
regard, to respect
and to love**

What should we do
for our parents?

Obey, Respect,

Trust, Listen,

Love, Understand,

Seek Advice, Care

Does our relationship
with our parents
change when we
grow older? How?

Discuss

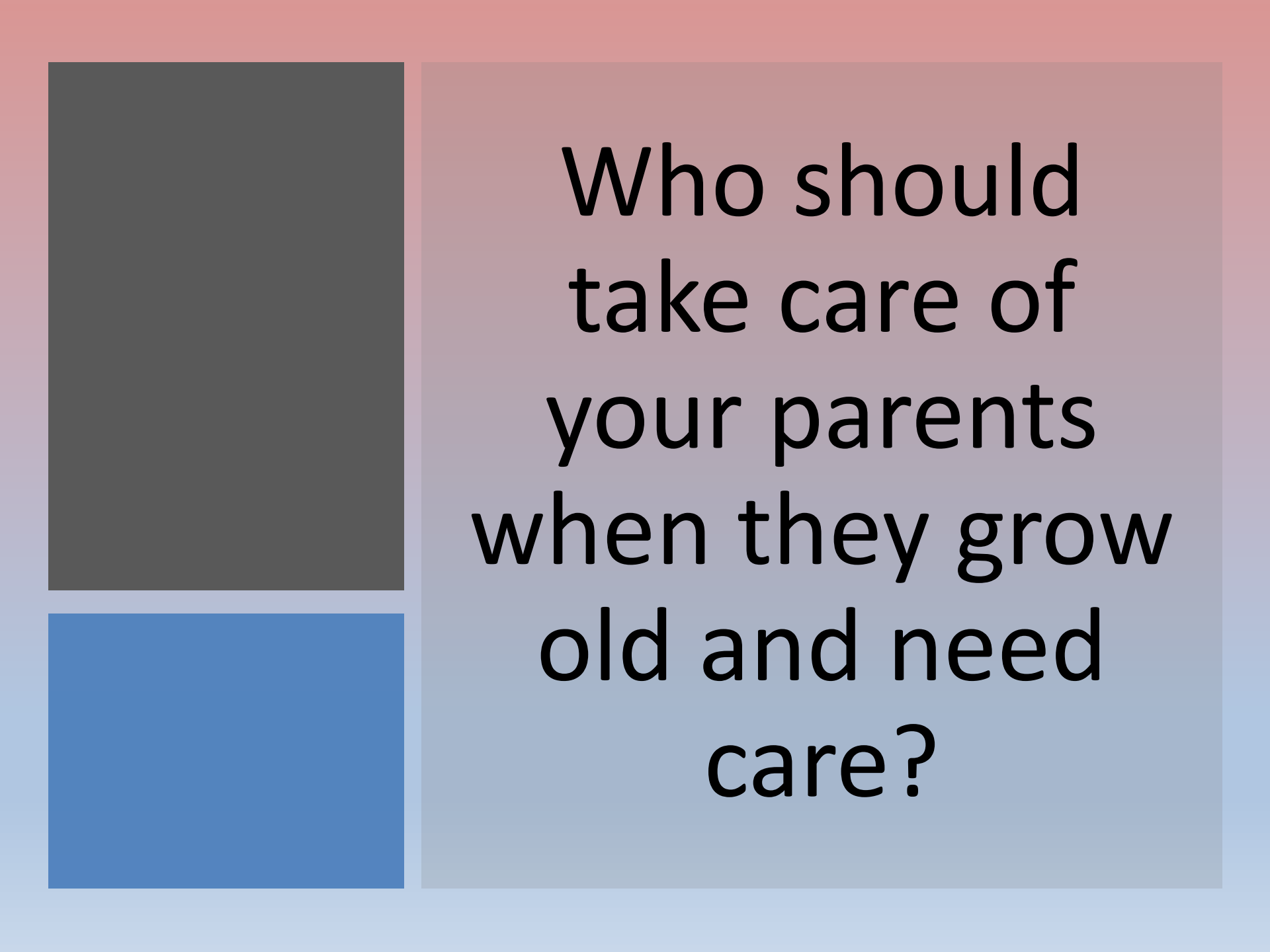


Obedience

VS

Respect for Wisdom





Who should
take care of
your parents
when they grow
old and need
care?

There
is a
time
and
role for
us all



Sir 3:12

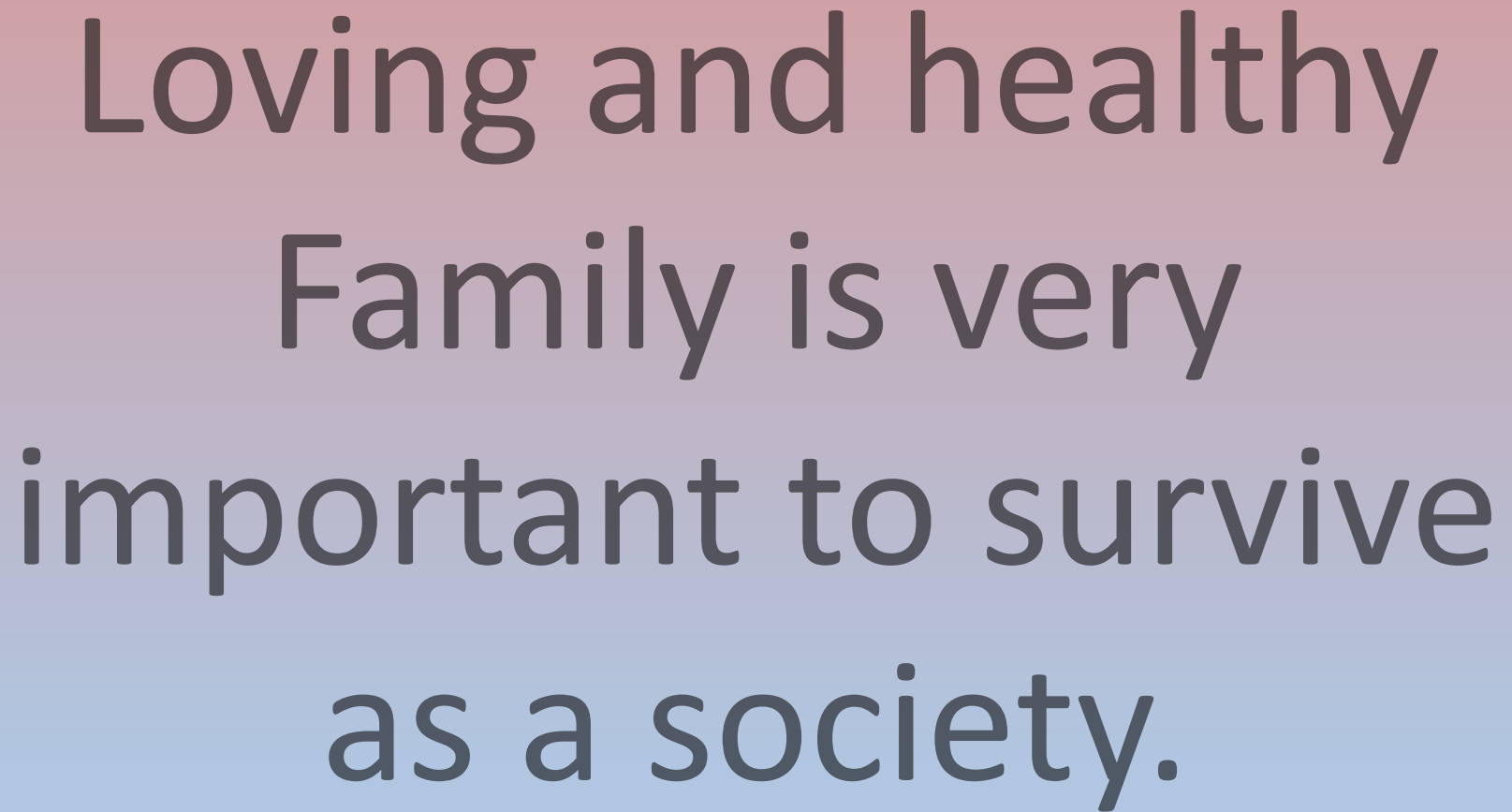
—

“My son, take care of your father and mother when they are old; grieve them not as long as they live.”

Exodus 20:12

**Honor your father and
your mother, so that you
may live long in the land
the LORD your God
is giving you.**





Loving and healthy
Family is very
important to survive
as a society.



The Holy Family of Jesus, Mary and Joseph is our role model.

Dangers of Society that threaten to destroy our love for our parents?

Discussion





Pray daily

For.....

**Love,
Understanding,
Peace, Unity, Joy
In our family...**

“Heavenly Father, We thank and praise you for sending your only-begotten Son to bring us salvation and establish the Catholic Church. We ask you to continue to bless and guide the Church, its leaders, and its laity. Help us to always respect, listen to, and follow the teachings of your Church---for we know it is through the Church and our faithfulness to it and its teachings that we are led to holiness. We ask this through Christ our Lord. Amen.”