

Breaking Barriers

BY
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TURNER

Happy Easter! Jesus has risen! Alleluia! Death has been destroyed. Jesus has redeemed us. Jesus has cleared the path for us to the infinite love of God. Our hearts have been lifted with joy by the Glory of Easter.

Our hearts are burning with the hope of eternal life and love with God. But, now what?

Well...we go back to our regular lives. We go to work. We babysit grandkids. We get sick. We pay bills. We pay taxes. We do laundry, cook dinner, clean the house, fix the car, and on and on. We get focused on the day-to-day tasks to maintain our lives.

As time goes by, that beautiful lifting of our soul from the expectation of the Glory of Easter, and the burning heart it brings... that light can seem to fade. Maybe that holy light seems to become dimmer and dimmer.

I think we long for the Holy Spirit to bring us back to the Glory of Easter... that small peek of heaven. What can we become to break the barriers that get in our way to God?

In the Catholic faith, humility is the first virtue because it removes obstacles to faith. Humility is the disposition to accept dependence on God, and it requires honest self-awareness. Humility removes pride and helps a person to receive grace.

Humility also helps us recognize that what we can do on our own is insufficient. We can trust God for what we do not know.

Humility is the first and most important step toward a life of holiness. It is the foundation of all virtue.

St. Augustine said in one of his letters, “The way to Christ is first through humility, second through humility, third through humility” (Letters 118:22). Humility is the first virtue because it removes obstacles to faith. Virtues are special graces given to us by God to the soul.

This battle for our hearts began from the very beginning. The pride of our first parents is inherited. We have in our nature, inherited barriers to be broken. Some of the barriers we build on our own.

To continue to grow in our spirit the very first step is truthful humility. St. Thomas Aquinas defines it this way,

“Humility means seeing ourselves as God sees us: knowing that every good we have come from him as pure gift. Humility requires great surrender and detachment in life.”

For Faith to grow and be alive we must first be humble. How do we know how to become humble? Jesus Christ has given us the truest example of humility. He is the mediator of the New Covenant.

He humbled himself becoming obedient unto death, even death on a cross and won for us the possibility of heaven.

Jesus continues to humble himself at every Eucharistic celebration transforming earthly elements into His body, blood, soul, and divinity.

As Easter continues this week, we pray that our hearts become more humble. Our humble hearts will allow God's love and mercy to lead the way to a deeper faith.

Having that deeper faith can renew and re-ignite the very bright light of the Glory of Easter. We can break the barriers around our hearts by prayer to continue to live in the eternal light of the Father, Son, and Holy Spirit.

We can have confidence in Jesus and the Father because He has risen! The promise fulfilled! Alleluia!

The Litany of Humility: The Litany of Humility is attributed to Cardinal Rafael Merry del Val (1865-1930)

Do you want to free yourself from anxiety, the fears of rejection and failure, and the need for approval? Do you want to root out the sins of pride, jealousy, and envy in your heart that lead you to judge yourself and others?

The Litany of Humility is a powerful prayer that, when prayed fervently and frequently, will lead you to a life of abundant gratitude, a true spirit of humility, and a heart transformed by the merciful and healing love of God.

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed, Deliver me, Jesus.

From the desire of being loved, Deliver me, Jesus.

From the desire of being extolled, Deliver me, Jesus.

From the desire of being honored, Deliver me, Jesus.

From the desire of being praised, Deliver me, Jesus.

From the desire of being preferred to others, Deliver me, Jesus.

From the desire of being consulted, Deliver me, Jesus.

From the desire of being approved, Deliver me, Jesus.

From the fear of being humiliated, Deliver me, Jesus.

From the fear of being despised, Deliver me, Jesus.

From the fear of suffering rebukes, Deliver me, Jesus.

From the fear of being calumniated, Deliver me, Jesus.

From the fear of being forgotten, Deliver me, Jesus.

From the fear of being ridiculed, Deliver me, Jesus.

From the fear of being wronged, Deliver me, Jesus.

From the fear of being suspected, Deliver me, Jesus.

That others may be loved more than I, Jesus, grant me the grace to desire it.

That others may be esteemed more than I, Jesus, grant me the grace to desire it.

That, in the opinion of the world, others may increase and I may decrease, Jesus, grant me the grace to desire it.

That others may be chosen and I set aside, Jesus, grant me the grace to desire it.

That others may be praised and I unnoticed, Jesus, grant me the grace to desire it.

That others may be preferred to me in everything, Jesus, grant me the grace to desire it.



**BONUS:
LISTEN TO "I SHALL NOT WANT"
BY AUDREY ASAAD**