

RELIGIOUS BULLETIN.

Sept. 16, 1924.

The Cardinal Points of Mortification.

I. Of Pleasures:

1. Sinful---cut them out of your life absolutely.
2. Dangerous---don't play the fool.
3. Harmless---restrain yourself reasonably while taking reasonable recreation.

II. Of the higher faculties:

1. The intellect:
 - a) Hold curiosity in check.
 - b) Cultivate deep faith and respect for authority.
 - c) Support your own judgment with wise counsel.
 - d) Don't be pig-headed.
2. The will:
 - a) Discover the Will of God.
 - b) Renounce frivolous desires.
 - c) Submit to your friends in indifferent matters.
 - d) Practice saying "no" to sin.

III. Of the lower faculties:

1. The imagination:

Capture it; don't let it run wild. Properly trained, it creates; undisciplined, it destroys.

2. The appetites:

God made them subject to reason, and reason subject to Him. Original sin disturbed this subjection. Your appetites will destroy us if we do not hold them in check, subject to reason. Fight everlastingly their unreasonable demands.. Don't quit.

IV. Of the senses:

1. Sight.
 2. Hearing.
 3. Touch.
 4. Taste.
 5. Smell.
- Refuse them the objects that pamper them and stimulate unworthy desire; chastise them to hold them in subjection; use them as God intended they should be used.

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