

How To Break A Bad Habit

Make a clear-out resolution. A self-starter and a resolution are somewhat alike. Both are necessary to get things moving. Some people say, "I've got to be better," and all they mean is "I hope to improve." Little wonder they remain at a standstill in virtue. One must say, and say it with sincerity. "I will conquer this vice," otherwise he will never start moving into action against his weakness.

Moreover, one's resolution must also be specific. One's gun must be aimed at a definite target. He who has a weakness in his speech will make progress only if he faces his enemy and resolved, "I will always be pure in my speech."

Remove the occasion of sin. One's resolution must be directed towards the person, place or thing that entices or draws him into sin. It is foolish for a person to say, "I will check these bad thoughts," if he persists in buying or thumbing through-pictures books that have always bothered him. The bug causing the deadly disease must be discovered, and then put to death. If you don't know the cause of your sins of impurity, consult your confessor.

Be ready to inconvenience yourself. The sinner can't "have his cake and eat it," as the saying goes. No habit is conquered unless one is willing to push himself around a bit. He who finds that alcoholic beverages causes sins of thought and desire must give up drinking. He who finds that late hours caters to sins of impurity with others must shorten his evenings. He who finds that idleness opens the way to sinful daydreaming must force his body and mind into activity of some kind.

Never quit. If a sincere resolution has been broken a million times, then it must be renewed a million and one times. Every resolution improves a man. It keeps him chopping away at habit. Certainly a renewal of resolution keeps one from becoming more sinful. How terrible is the condition of the man who never makes a resolution to overcome his impurity.

Pray Daily. Night and morning prayers are not enough, nor prayer at time of temptation. For success over any bad habit, God, Our Blessed Lady and the saints must be approached at other times. Mass, Holy Communion and the Rosary are the chief means of grace. If these are made part of one's daily life, all habit will give way to God's supernatural work. He who says he wants to uproot a habit and yet will not tie himself down to regular prayer is kidding himself. If you want to be happy, never live in mortal sin, never let a bad habit enter your life.

PRAYERS: (deceased) father of Tom, '48 and Malcomb (Ly) Dolley; uncle of Dick Ely (How). (Ill) wife of Sam Molter (OC); father of Gerard Perrine (Morr); Cornelius Ward, friend of Al Abbey (Morr); brother of Al Fellner, '25; Sister M. de Sales (Nazareth, Ky.) Eight Special Intentions. One Thanksgiving.

