

April 22, 1925.

Fighting the Enemies to Perseverance.

Only natural enemies to perseverance were listed in the Bulletins of the past two days. Both natural and supernatural remedies for these vices will be given. God intends that in your fight for salvation you make use of all the means He has placed at your disposal. The following supernatural means are suggested:

The Sacraments;
Prayer;
spiritual reading;
Mortification.

The following particular considerations regarding these means may help you:

1. The Sacraments. The surest sign of salvation in a student is a tender conscience, an conscience that cannot abide sin. This can be developed at Notre Dame, and has been developed here time and again. If you make it a point never to spend a night in sin, but to go to confession immediately in case you have the misfortune to fall into mortal sin---using the ample opportunities you have here day and night---you will make your conscience tender enough to carry you through life.

The Confession of Devotion is the weekly or frequent confession of those who have only venial sins or imperfections to confess. This can be made a source of solid spiritual growth if one will hammer away at one vice and one virtue at a time until he shows progress in it. Penance is a sacramental and always gives sacramental grace when rightly received.

You know the power of Holy Communion, which comes from the Author of Grace Remember that much of the Fruit of Holy Communion, particularly on the natural side, comes from the earnestness of your preparation and thanksgiving. When these are neglected, devotion is surely to lag, and may die out.

The Mass is an unfailing source of inspiration and profit. During the past Lent the student attendance at Mass doubled. Learn to love the Mass; you can do this by reading books and pamphlets on the Mass and by attending Daily Mass.

2. Prayer, the second aid to perseverance, may be vocal or mental. The principal forms of vocal prayer recommended for perseverance are:

- a) The Novena, or the nine days' prayer;
- b) The thirty days' prayer;
- c) The Way of the Cross, which includes meditation on the Passion;
- d) The beads, as the primary devotion to the Blessed Virgin;
- e) Visits to the Blessed Sacrament and to the Grotto;
- f) Devotion to the Sacred Heart and to the Holy Ghost.

Mental prayer, also called meditation, is the application of the ~~###~~ spiritual faculties to the consideration of some mystery of faith. The mechanics of this form of prayer may be outlined briefly, as follows:

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- a) A book---the New testament, say, or a meditation book-- suggests a scene from the life of Our Lord, and describes it briefly;
- b) The imagination, with the aid of the memory, applies the senses to the scene in such a lively manner that the subject feels himself a part of it;
- c) The intellect works out the scene, independently at first, and then with a personal application;
- d) The emotions evoke sentiments of love of God and hatred of sin;
- e) The will takes a resolution capable of fulfillment.

(to be continued)