

He who is living in sin
finds it easy to sin.
Confession is the cure

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Whose The Boss?

You may be the little fellow in this picture--chained to the monster called Bad Habit.

You didn't get that way overnight. A person must repeat the same act over and over before he gets into a groove

One or two acts of insobriety or impurity do not leave a man with a bad habit. The field is still clear after a few falls; one can run out of trouble in nothing flat.

If you have your senses about you, you will want to overcome your faults. Unless you are making war on your bad habits you will never save your soul.

Bad habits succumb to a four-fold treatment. All four must be employed; one remedy alone will not uproot a vice.

1. Be determined to conquer the habit, at any sacrifice. Do you remember the last scene in the movie, The Lost Weekend? The drunk took his lighted cigarette and crushed it in the glass of liquor he had prepared for himself. That action symbolized the drunk's determination to give up drinking. Alcoholics Anonymous, reformed drunks who have banded together to help other drunks conquer the liquor habit, demand of all those who seek their help a desire to overcome their weakness. Impurity, impatience, cheating in class will go unchecked until a desire to destroy the will is formed?
2. Dependence on God's help. The Lost Weekend came to a sudden close after the drunk determined to fight against his bad habit. But we would be mistaken to believe that the battle was over for the victim of drink. No habit is conquered without God's help. The man who thinks he can row his boat by himself is mistaken. Where the soul is involved and Satan, only supernatural help that comes from God will bring victory.
3. Frequent Confession. Most Catholics would fail in an examination on Confession. They consider this Sacrament only a means of forgiveness of sin. They fail to look upon it as a means by which Christ comes to their soul to uproot the habits formed by repeated sins. What a man may do in a year by prayer and effort alone can be done in half the time by Christ (and the penitent) through frequent Communion.
4. Frequent Communion. When Christ enters the body through the Eucharist he enkindles a new love of God in the soul and a new determination to do God's will. One student testified that "an interrupted succession of twenty-eight Holy Communions broke a vicious habit against which I had struggled for four years". You are either the master of your own life or a slave to bad habit. If the latter, you had better settle down to work, because your soul is in grave peril.