

Tonight at 6:45, the
Novena to the Sorrowful
Mother.

University of Notre Dame
Religious Bulletin
March 26, 1954

How To Control Temptation

Our Lord tells us the two great means of forestalling temptations: watchfulness and prayer -- "Watch ye and pray, that ye enter not into temptation."

Watch

It means that we must have a nose for dangers, and enough sense to keep away from them. You will not have trouble if your past sins have taught you humility, and distrust of your own strength.

If you hang around with a crowd that is too sophisticated to refrain from treacherous conversations, from dangerous places, you are not watching -- not even a little.

If curiosity or fear of a companion's ridicule leads you, slavishly, into unwholesome shows -- or keeps you at them -- if you are thus led into the company of people, you are a fool. Your only hope is to stick with good fellows.

If through habitual day-dreaming and indolence you allow temptations, like flies and gnats, to swarm through your mind, you haven't a Chinaman's chance. Keep busy; always have something to do -- play, read, study, talk. Don't sit and gape at the roof!

If you have not yet seen the wisdom of some daily act of mortification for Christ's sake, and for the development of your own will, you know next to nothing about the science of watching. Holy men have all had to practice daily self-denial. And who are you?

If you do not know your special weaknesses -- and you have them -- and if you take no special precautions against them, you are like the fighter with a glass jaw who never guards his face.

Pray

God is a great companion in a fight. No one yet has ever withstood Him.

And don't think that he doesn't get into the fight -- if we really make a fight of it. Here is how St. Paul assures us of God's help: "And God is faithful Who will not suffer you to be tempted above that which you are able, but will make also with temptation issue, that you may be able to bear it."

But God wants to be invited into your particular fight by your prayers. Pray in times of calm, in your silent moments alone with Our Lord at daily Mass and Holy Communion, that you may know how to avoid temptations, that you may have strength to fight them wisely when they come to you.

Put your heart into your morning and night prayers, into your Preparation and Thanksgiving at Holy Communion. Frequently during the day recommend yourself to Our Blessed Lady through short, quick ejaculations, either remembered or of your own making.

Watch and Pray

PRAYERS - Deceased: Mr. Eifel; two members of the Class of '53 of Marquette U. High School -- friends of many Freshmen now at Notre Dame (accident). Ill: those injured in the accidents of last weekend.