



LIVING THE LIFE OF FATIMA: May 13, 2017

QUESTION: What can I do to live the life and message of the May 13, 1917 Apparition of Our Lady to the three shepherd children? What could I do between now and the commemoration of the Second Apparition on June 13th?

1. Do you prayerfully offer the Holy Rosary (five decades) every day as Our Lady directed the children to do? If already you pray the Rosary daily, can you pray the Rosary more thoughtfully, engaging yourself more deeply with each of the Mysteries? Do you make special intentions when you pray the Holy Rosary such as the conversion of sinners and for world peace?

2. Do you invoke the Sacred Name of God irreverently or carelessly, such as the frequently heard exclamation: “Oh My God!”? If you use this expression other than in prayer, scrub it from your vocabulary. Say quietly, “Blessed be the Holy Name of God” as an Act of Reparation.

When you have formed the habit of not using this exclamation, which will take about three weeks, then continue to say quietly to yourself, “Blessed be the Holy Name of God” as an Act of Reparation when you hear this expression from others.

3. Receive the Sacrament of Penance (make your confession) at least once before June 13th. If you already are in the habit of monthly confession, consider increasing the frequency to bi-weekly.

Ask yourself, “Do I truly intend to gain the strength (grace) to resist my sins with resolve and constancy?” The notion that we can confess habitual sins and then return to them trifles with God’s mercy. We must at least have a sincere and purposeful intention to avoid the sins we have confessed. God does not ask perfection of us, but He does ask us to use the graces of absolution to amend our lives.

Some persistent sins that are deeply rooted in habits and weaknesses require us not only to confess them repeatedly but also not to lose heart. The very act of confession tends toward the formation of a deeper awareness of persistent sin and helps us to build the virtues and behaviors that are the opposites of these sins.

4. In the first Apparition, Our Lady told the children not to be afraid. What are you afraid of? What do you worry about? What daily fears, dreads, or concerns distract you from total trust in God?

To counter these fears, you might pray the Acts of Faith, Hope, and Charity, which are short prayers found in most prayer manuals and missals, with your specific fears and concerns in mind. Ask God, through these Acts, to grant you peace. And, pray “Sacred Heart of Jesus, grant me peace” throughout the day.

Personal Holiness is Heaven’s Plan for Salvation and Peace for Ourselves, our Families, our Communities, and our World.

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