



Heart Matters Applying the Greatest Commandment to the 3 Pillars

Often Our Lord Began with "If"

- If your neighbor asks you ...
- If you're standing in front of the altar with an offering and there remember that your brother has something against you ...
- If you hear His voice, do not harden your heart...

Beginning the Great Fast with "When"

- When you give ...
- When you Pray ...
- When you fast ...

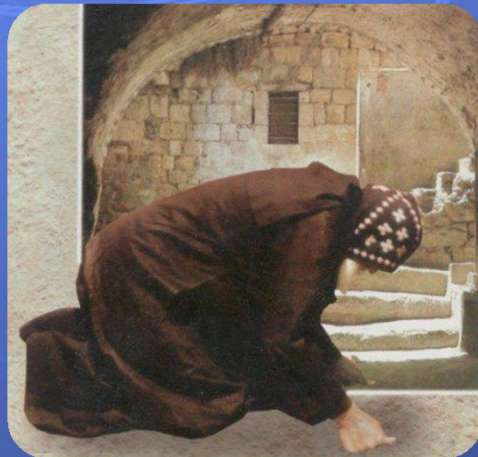


A Spiritual Boot Camp

■ P90X



■ P55X



TAKE HEED! You can do it the wrong way

The Greatest Commandment

- Love the Lord your God with all your HEART, mind, soul and strength
- Love your neighbor as yourself
- Like parent with child → God's commandments are all for my best
- So if the best thing for me is to love God with all my ... then to love my neighbor as myself = ?
- To do something that helps him or her to get closer to the state of loving God with all his or her heart, mind, soul and strength
- On this, hang all the Law and the Prophets = covers everything

What is the state of my heart WHEN I give?

Is it:

- To impress others?
- To impress myself / feel good about myself?
- To fulfill a law of giving some percentage?
- To get God off my back?

Applying the G.C. Loving God:

- Do it cheerfully
- It's all from Him anyway and it's all His anyway
- It's ok to give because He won't let me be in need

Applying the G.C. Loving neighbor:

- I'm a tool in God's hand to help them see how much God loves them and will continue to take care of them → they will love God with all their...

What is the state of my heart WHEN I pray? ⁽¹⁾

If praying in front of others:

- Is it or the purpose of giving a lesson / sermon?
- Am I concerned with how fancy my words are?
- Am I concerned that my prayer is not too short?
- Am I praying to impress others?

If praying by myself in my room:

- Is it to check off my daily prayer cannon?
- Is it to feel good about myself?
- Do I close the door of my room, but the door of my thoughts is wide open to the whole world?
 - I could be alone in my room but have the whole world with me in my head
 - I could be in church surrounded by people who are praying and praising, while I'm distracted or looking around
- ❖ Likewise, I could be sitting in a huge crowd / gathering and in my mind... I'm alone with God talking to Him → THE STATE OF THE HEART!

What is the state of my heart WHEN I pray? ⁽²⁾

Applying the G.C. Loving God:

- Praying to express my love to Him
- Praying to express my trust in Him
- Praying to express my need of Him

Applying the G.C. Loving neighbor:

- Praying for my neighbor as much as I pray for myself
- Praying for my neighbor similar things as I pray for my self
 - His family, his kids, his needs, his heart's desires, his relationship with God,...

What is the state of my heart WHEN I fast?

Do I fast:

- To fulfill a church rule?
- So I can have communion?
- As an opportunity to diet or to reduce red meat and desserts intake?
- To impress others or feel good about myself because I gave up something for God?

Applying the G.C. Loving God:

- To have better control over my flesh and to strengthen my spirit
- To use the time I would have spent on eating to pray more, read more, listen to a sermon...
- To get closer to God, to be more in His will

Applying the G.C. Loving neighbor:

- Use my lunch money to buy lunch for someone else
- During fasting period → volunteer more
- Extra service in the community, at home, in church...

Warning X 3

- Those who give to impress others or to feel good about themselves:
 - Assuredly I say to you they have their reward
- Those who pray in a way to impress others or to feel good about themselves:
 - Assuredly I say to you they have their reward
- Those who fast to impress others or to feel good about themselves:
 - Assuredly I say to you they have their reward

Promise X 3

- But if you give discretely and cheerfully for love of God and neighbor:
 - Your Father Who sees in secret will Himself reward you ...
- But if you pray to Your Father who's in the secreete place for love of God and neighbor:
 - Your Father Who sees in secret will Himself reward you ...
- But if you fast in a way pleasing to God for love of God and neighbor :
 - Your Father Who sees in secret will Himself reward you ...

Notice

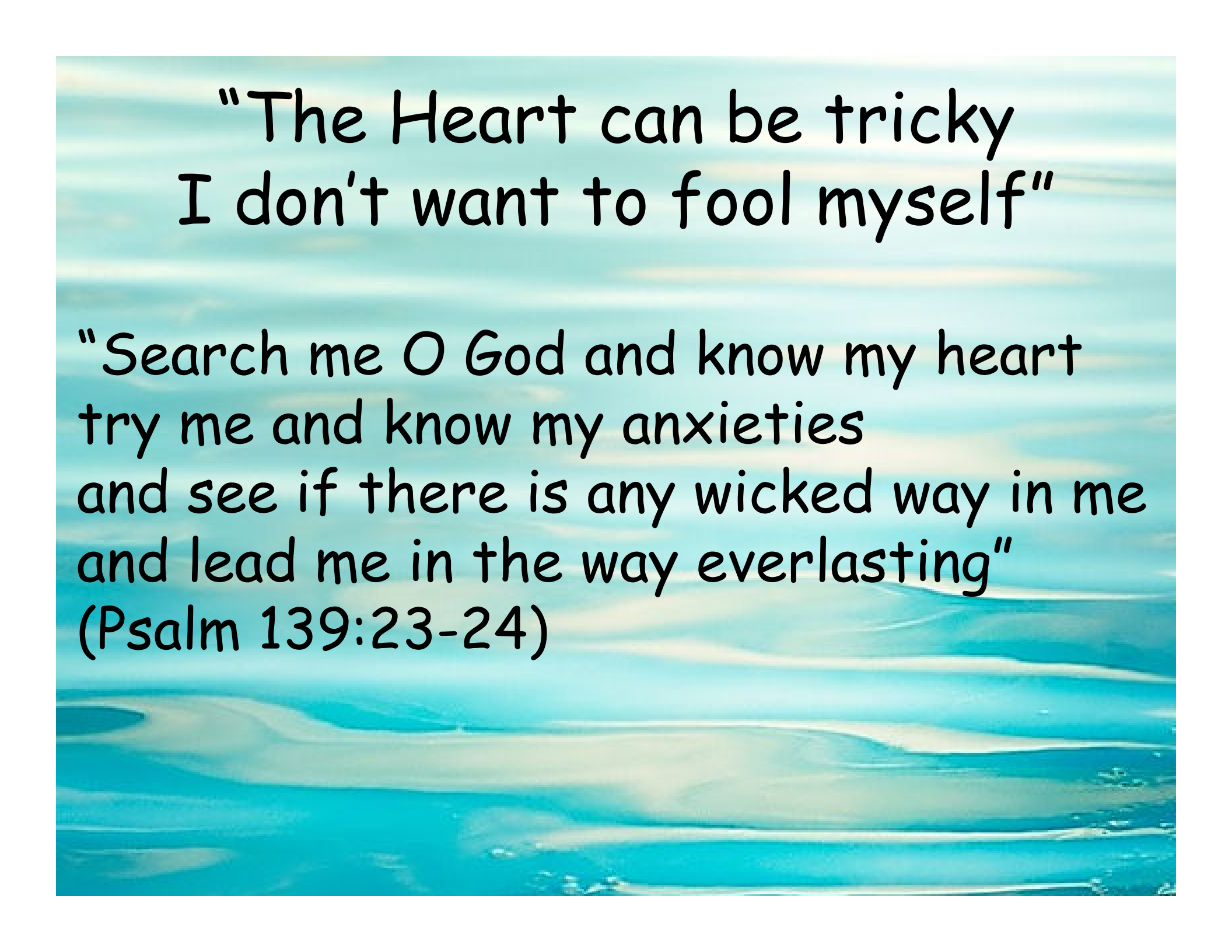
- Getting seen when giving is not a bad thing in of itself
 - It's giving for the purpose of getting seen
 - If with friends, it's better to give and be seen than not to give
- Praying long prayers is not a bad thing in of itself
 - It's praying long prayers for the purpose of impressing others or myself
 - Our Lord used to pray all night on the mountain top
- Repetition in prayer is not a bad thing in of itself
 - It's "vain" repetition that is useless
 - We have a lot of repetition in our church

- "The pursuit of human praise will receive only that reward it seeks from other people" (St. Hilary)
- "Many will say to me Lord, Lord..."
- If we're not careful, growing up in our Church, which is very rich in tradition and rites, can be dangerous!
- "If those rites and traditions become our goal, this is a form of idolatry" (HGBY)
- They are a means to a goal, which is to grow in an honest, sincere, personal, intimate relationship with God

As we embark on the P55X

God is telling us:

- ❖ If you give very little
- ❖ Or even if you have none to give
- ❖ But you have the desire to give
- I AM DELIGHTED IN THIS
- ❖ If you fast very little
- ❖ Or even if you can't fast at all because of age or sickness
- ❖ But you try to fast from anger, malice, yelling, hatred, gossip, bad thoughts, bad company...
- I AM DELIGHTED IN THIS
- ❖ If when you pray you don't have big fancy words
- ❖ Or your prayer is short
- ❖ But you pray it sincerely with your heart
- ❖ Something as simple as Je Peniot
- I AM DELIGHTED IN THIS



"The Heart can be tricky
I don't want to fool myself"

"Search me O God and know my heart
try me and know my anxieties
and see if there is any wicked way in me
and lead me in the way everlasting"
(Psalm 139:23-24)

