



# ***NIGHT 5***

## **THE HOLY SPIRIT OF GOODNESS**

### **THE ANIMA CHRISTI**

Soul of Christ, sanctify me. Body of Christ, save me.  
Blood of Christ, embolden me. Water from the side of Christ, wash me.  
Passion of Christ, strengthen me. O good Jesus, hear me.  
Within Your wounds hide me.  
Never permit me to be parted from You.  
From the evil Enemy defend me.  
At the hour of my death call me and bid me come to You,  
that with Your Saints I may praise You for age upon age. Amen.

### **TRUE OR FALSE QUESTIONS**

- ☐ 1. We call the object of a human act the true or apparent good that is chosen.
- ☐ 2. The purpose for which a human person performs an act we call the intention, or end.
- ☐ 3. Circumstances, including the consequences, of a human act cannot make an otherwise good human act evil.
- ☐ 4. We believe that there are times when a good end, or intention, will justify evil means to attain it, as in the case of a just war.
- ☐ 5. We believe, in certain circumstances, in the choosing the lesser of two evils.
- ☐ 6. We know of no good reason why God permits evil, but must accept blindly by faith that He does permit it.
- ☐ 7. Ironically, evil an itself may bring about greater good, as in the crucifixion of Christ.

# THE HOLY SPIRIT OF GOODNESS

**GOD IS PERFECTLY GOOD IN HOLINESS AND LOVE, AND THE SOURCE AND END OF ALL THAT IS GOOD.**

“And Jesus said to him, ‘Why do you call me good? No one is good but God alone.’”

- *Mark 10:18*

- The One God is perfectly holy — separated from evil — in His essence, substance, and nature
- God loves perfectly as a Communion of Divine Persons — Father, Son, and Holy Spirit

**GOODNESS OF CREATION — THE ORIGINAL CALL TO GOODNESS AND LOVE — HOLY COMMUNION**

- Creation and its creatures glorify God’s goodness by reflecting His glory:
  - “And God saw that the light was **good**.”  
- *Genesis 1:4*
  - “And God saw that it was **GOOD**.”  
- *Genesis 1:10, 12, 18, 21, 25*
  - “And God saw everything that He had made, and behold, it was **very good**.”  
- *Genesis 1:31*
  - But : “Then the Lord God said, ‘It is **not good** that man should be alone.’”  
- *Genesis 2:18*
- God made His rational, personal creatures (angels and men) as good to choose in freedom (obedience) to participate forever in this goodness (blessedness/happiness) by the gift of life (Father), the way of truth (Jesus), and the power of love (Holy Spirit) — Two ways were presented to human persons — the Good Way of Life and the Evil Way of Death
  - “And out of the ground the Lord God made to grow every tree that is pleasant to the sight, and good for food, the **tree of life** also in the midst of the garden, and the **tree of the knowledge of good and evil**.”  
- *Genesis 2:9*

## **LIFE — PERFECT GOODNESS & HOLINESS**

- Life in the Father as His child
- Life of truth in Jesus
- Life of love and freedom in the Holy Spirit
- Likeness to God
- Acceptance of my body and soul as a gift
- Offering my body and soul in thanksgiving
- “Tilling and keeping” in dominion
- Fruitfulness and furthering life
- Marriage and sex as sacred gifts
- Goodness of the family and children
- Communion

## **DEATH: EVIL & SIN**

- Death under Satan as his child
- Life of lies under Satan
- Malice, slavery of the world, flesh, and Devil
- Likeness to Satan
- Use of my body and soul as my own
- Grasping my body and soul in selfishness
- Destroying and taking in domination
- Sterility and fomenting death
- Marriage and sex as self-created pleasures
- Malice toward the family and children
- Alienation

## RESTORING GOODNESS THROUGH REDEMPTION — A NEW CREATION IN THE ORDER OF GRACE

- Mary — “Full of Grace”
  - The goodness of holiness — Immaculate Conception
  - The goodness of virginity and marriage
  - The goodness of family and children — Incarnation and Nativity
- Joseph:
  - The goodness of marriage and family
  - The goodness of fatherhood
  - The goodness of foster care and celibacy
- Jesus:
  - The goodness of God’s love — the Gospel, or “Good News”
  - The goodness of humanity, marriage, family, sexual identity, and creation
  - The goodness of celibacy for the sake of the Kingdom
- Replanting the Tree of Life — The Cross of Calvary or Death for the Good Life

## NOTES

Grid of dots for writing.

**CONFIRMATION NIGHT FIVE**  
The Holy Spirit of Goodness  
Oct. 20th

# GOOD LIFE IN THE HOLY SPIRIT

**THE HOLY SACRIFICE OF THE MASS — EATING FROM THE TREE OF LIFE FOR THE GOOD LIFE RATHER THAN EATING FROM THE TREE OF KNOWLEDGE OF GOOD AND EVIL FOR DEATH**

## **MASS UNFOLDS AS GOOD OVERCOMES EVIL**

- The Sign of the Cross (The Tree of Life):
  - Incarnation for grace overcomes infestation from sin
  - Loving sacrifice and saving supper overcomes selfishness and greed
  - Trinitarian God Who is Love as an Eternal Holy Communion of Divine Persons overcomes the alienation of the world, the flesh, and the Devil
- “I Confess” — Humility and honesty overcomes pride and dishonesty
- “Lord have mercy” — The Mercy of God overcomes the envy of the Devil
- “Glory to God in the highest — Glorifying God crushes vanity and narcissism
- Scripture, Gospel, Homily, Creed — Truth vanquishes the lies of the world and the Devil
- Petitions — Trust and dependence in God overcomes independence and idolatry
- Eucharistic Prayer, Holy Communion — Worship in Spirit and Truth replaces idolatry and slavery to the Devil
  - By the power of the Holy Spirit (Love), I give myself through, with, and in Jesus (Truth), to the Father (Perfect Goodness), so that the Father (Perfect Goodness), will give to others — through, with, and in me — His Son (Truth), in the power of the Holy Spirit (Love)
- Reflection after Holy Communion — Contemplation overcomes ignorance and error
- “Go and announce of the Gospel of the Lord”: Evangelization and Mission defeats Satan’s Kingdom and establishes God’s Kingdom and Family

## **HOW TO EXPERIENCE THE LIFE OF THE HOLY SPIRIT — BELIEVE, CELEBRATE, LIVE, PRAY**

- Believe — Renew your Baptismal Promises each morning for freedom from Satan and sin, and instead life in the Holy Spirit and grace. Then pray the “Hail, Holy Queen,” who is Mother of all those who believe in God.
- Celebrate — Freely cooperate with the Holy Spirit and Worship in Spirit and Truth:
  - If you are aware of grave or mortal sin(s) — **Go to Confession** to restore a life of freedom in sanctifying grace and the Holy Spirit.
  - **Attend Mass when required and receive communion in a state of grace**  
*This nourishes a life of holy freedom*
  - Recite “The Anima Christi” reverently after Holy Mass before departing “to announce the Gospel of the Lord.”
- Life — Ask the Holy Spirit and your guardian angel to remind you:
  - To acknowledge Christ’s Presence in the Eucharist at points during each day
  - To call upon Mary at points during each day
  - To call upon the Holy Spirit to increase your freedom for true love of God and of neighbor
    - In times when you are tempted to sin out of fear
    - In times when you are tempted to sin by “eating” forbidden fruit
- Prayer — Examination of Conscience and sincere “Act of Contrition,” “Our Father,” “Hail Mary,” and “Glory Be” before going to sleep
- Central Focus
  - **Getting into and remaining in a state of grace by obeying God, which bears fruit by:**
    - Giving **clarity of vision**— Purity of Heart
    - Putting **love of God and neighbor into action**

# CLOSING REFLECTION

Saint Paul writes to the Romans: “[God] will repay everyone according to his works, eternal life to those who seek glory, honor, and immortality through perseverance in good works, but wrath and fury to those who selfishly disobey the truth and obey wickedness. Yes, affliction and distress will come upon everyone who does evil, Jew first and then Greek. But there will be glory, honor, and peace for everyone who does good, Jew first and then Greek. There is no partiality with God.”

**- Romans 2:6-11**

Consider each good deed you have done today with the right intention and in the proper circumstances, that you believe would withstand the scrutiny of the Holy Spirit of Truth.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120

Consider each wicked deed you have done today in selfish disobedience, considering the good (true or apparent), the intention, and the circumstances.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120

Ask the Holy Spirit strengthen in your soul the gifts of knowledge, understanding, wisdom, and counsel to help you always desire true goods with right intentions in the proper circumstances.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120