

# **MORTIFICATION**

## **AN OUTLINE ON SEPTEMBER REFLECTION**

### **I. INTRODUCTION**

1. What is “mortification” according to your own understanding?

### **II. TWO AREAS OF MORTIFICATION**

- Exterior Mortification
- Interior Mortification

#### **1. EXTERIOR MORTIFICATION: AVOID INDULGING OF SENSES**

- a. Five senses: sight – smell – hearing – taste – touch
- b. Animal vs. Man and Angel: an analogy
- c. We ourselves as our own worst enemy
- d. Be careful with what we indulge

#### **2. INTERIOR MORTIFICATION: STRENGTHENING SELF-CONQUEST**

- a. Self-Love (Love of self) – includes good & bad
  - i. All the perfection of a soul consists in this very self-denial
  - ii. The worst of all enemies of the soul
    - Like worm (St. Mary Magdalene de Pazzi)
    - Like weed (St. Bernard)
  - iii. How to encounter: Self-Denial
- b. Self-will
  - i. Self-will destroys all the virtues - Will of God is all good, of man is the origin of evil.
  - ii. Devil’s strategy “deadly weapon”
    - Abbot Achilles:
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  - iii. How to encounter: Obedience

### **III. THE ADVANTAGES AND BENEFITS OF MORTIFICATION**

1. Expiate the temporal punishment of sin
2. It elevates the soul: the purpose