

THE STRONGER ONE · TAKE-HOME

Session 7: When the Wall Rebuilds

Keep this sheet. It is yours, and it is private.

WHAT WE FOUND

The Church does not lie about the terrain: Baptism “has not abolished the frailty and weakness of human nature, nor the inclination to sin” (CCC 1426): grace is real, and the war is long. Scripture contains our worst week in the first person: “I do not do the good I want...” (Romans 7:19): and turns on a name, not a plan: “Thanks be to God through Jesus Christ our Lord!” (the last line restates the fight; Romans 8 unfolds the deliverance). And Peter is the Church’s primary scriptural pattern: “Satan demanded to have you... but I have prayed for you that your faith may not fail; and when you have turned again, strengthen your brethren” (Luke 22:31-32): the enemy on his leash, a fall foreseen without a faith failing, restoration prepared before the denial with a job attached: and beside a charcoal fire (John 21:9, answering the denial fire of 18:18), one “do you love me” for each denial, as the Church has long seen it, and Peter’s office confirmed. For us the shape holds: love asked, wound addressed, the road resumed: and any penance given is medicine, never probation.

We named the enemy’s two-stroke engine: before the sin, “it is no big deal”; after, “it is unforgivable.” Minimize, then annihilate: both strokes exist to keep you from the means of grace, and the switch is his tell. The tactic against both is unglamorous: get up fast: “Jesus, I trust in you” in the crater, Confession soon (shame does not set the schedule), back to the front. We found the verse that defines the righteous by their rising (Proverbs 24:16: “a righteous man falls seven times, and rises again”) and memorized the script against the gloater (Micah 7:8). And we walked the ridge between the two ditches: despair and presumption (CCC 2091-2092): hope rests on Christ’s fidelity, not on the streak: never more than one good confession from home.

VOICES OF THE CHURCH

VOICE OF THE CHURCH St. Catherine of Siena

The Dialogue

St. Catherine records, in substance, the Father teaching that he sometimes permits his servants to see their own falls because self-knowledge is the soil of humility, and humility of every virtue: what is permitted is permitted for love, measured, and ordered to a greater mercy. A fall, taken to God, maps your poverty: and poverty known is the ground grace builds on.

A summary of a constant theme of the Dialogue; not a direct quotation.

VOICE OF THE CHURCH St. Francis de Sales

Introduction to the Devout Life, Part III, ch. 9

St. Francis teaches, in substance: when we fall, correct yourself gently and calmly, not with stormy self-reproach: the heart that rages at its own fault adds a second fault and exhausts the strength repentance needed. Repent firmly and peacefully, and begin again at once, without waiting to feel worthy.

A summary of his teaching in Part III, ch. 9 (On Gentleness toward Ourselves); not a direct quotation.

VOICE OF THE CHURCH St. Faustina Kowalska

Diary: Divine Mercy in My Soul (approved private revelation)

St. Faustina records our Lord teaching, in substance, that the greater the misery of a soul, the greater its claim on his mercy, and that what grieves him is less the size of the sin brought to him than the smallness of the

trust. “Jesus, I trust in you” is a complete act of resistance, five words long, available in the crater.

A summary of the Diary’s central themes; an approved private revelation, open to prudent acceptance and binding on no one.

LIVE IT THIS WEEK

- **Memorize the script.** Micah 7:8, cold, by Wednesday: said aloud once each night as an act of faith before God, whether or not you fell that day.
- **Shrink the gap.** Decide in peacetime: within one minute of any fall, “Jesus, I trust in you”; within one week, the confessional. Write both where you will find them in the dark.
- **Gentleness drill.** Once this week, catch the self-savaging voice mid-sentence and correct yourself the de Sales way: firmly, calmly, toward the remedy.

SCRIPTURE MEMORY

“Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the LORD will be a light to me.”

Micah 7:8

Before next session: Read Galatians 5:1, 13-25 and Mark 5:1-20.

From the Catechism: CCC 1426; 2091-2092.