



DO THE HARDER THING

EST. 2019

MORTIFICATION

“THE ROOT WORD FOR “MORTIFICATION” COMES FROM THE LATIN, MORS AND MORTIS, AND IT TRANSLATES AS “DEATH.” IN THE SPIRITUAL LIFE, THEREFORE, MORTIFICATION REFERS TO VOLUNTARY ACTIONS BY WHICH WE GRADUALLY “PUT TO DEATH” ALL OF OUR VICES, SINFUL HABITS, AND THE SELF-CENTERED TENDENCIES THAT LURK BENEATH THEM.” - FR. JOHN BARTUNEK

WARNING AND WHY:

- ALL, BUT THE MOST SIMPLE OF MORTIFICATION SHOULD ONLY BE ATTEMPTED ONCE ADVISED OR APPROVED BY A SPIRITUAL DIRECTOR. NO MORTIFICATION SHOULD EVER BECOME A DETRIMENT TO YOUR HEALTH.**
- THIS LIST IS NOT ALL INCLUSIVE, THERE ARE HUNDREDS UPON THOUSANDS OF WAYS TO PRACTICE MORTIFICATION. HOWEVER MOST IMPORTANTLY WE MUST UNDERSTAND THAT THE INTERIOR DISPOSITION AND GOAL OF THE MORTIFICATION IS WHAT MATTERS MOST:**

“SPIRITUAL WRITERS HAVE USED MANY IMAGES TO EXPLAIN THE VALUE OF MORTIFICATION. PICTURE A JAR FULL OF VERY SOUR VINEGAR. YOU WANT TO FILL IT UP WITH SWEET HONEY. FIRST, YOU HAVE TO EMPTY OUT THE VINEGAR, AND THEN SCRUB THE INSIDE OF THE JAR, AND ONLY THEN CAN YOU PUT IN THE HONEY. JUST SO, TO RECEIVE THE MANY GIFTS OF GRACE GOD WANTS TO GIVE US, WE HAVE TO EMPTY OUT AND SCRUB CLEAN EVERY CORNER OF OUR HEART AND MIND OTHERWISE THE GRACE CAN'T GET IN.” FR. JOHN BARTUNEK

MORTIFYING YOUR PASSIONS AND DESIRES, WHATEVER THEY MAY BE, IN ORDER TO OBTAIN PERFECTION, IS TRULY DOING THE HARDER THING.



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COMMON ACTS OF MORTIFICATION:

- **FASTING & ABSTINENCE:** ALONG WITH THE COMMON FASTS, IT SHOULD BE ENCOURAGED TO DENY ONESELF “SNACKS”. DENYING FAST FOOD FOR HOME MEALS. OCCASIONAL BREAD AND WATER FASTING, ETC.

- **MORTIFICATION OF THE SENSES:** REFRAIN FROM FRIVOLOUS ACTIVITIES (NETFLIX, VIDEO GAMES, ENDLESS PODCASTS, FRIVOLOUS READING, ETC.)

- **PIOUS KNEELING AND OTHER BODILY DENIALS:** KNEELING ON THE FLOOR DURING MASS, “REFRAIN FROM GOING TO WARM YOURSELF, UNLESS THIS IS NECESSARY TO SAVE YOU FROM BEING UNWELL.” - SLEEPING ON THE FLOOR, ETC.

ALL, BUT THE MOST SIMPLE OF MORTIFICATION SHOULD ONLY BE ATTEMPTED ONCE ADVISED OR APPROVED BY A SPIRITUAL DIRECTOR. IN THE WORDS OF CARDINAL DESIRE MERCIER “FASTING AND ABSTINENCE, BUT PRACTICE THEM ONLY UNDER OBEDIENCE AND WITH DISCRETION.”



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MORTIFICATION LUST TO CHASTITY

**LUST IS A DISORDERED DESIRE FOR SEXUAL
PLEASURE, ISOLATED FROM ITS PROCREATIVE AND
UNITIVE PURPOSE.**

THE CONTRARY VIRTUE TO LUST IS CHASTITY.

COMBAT WITH:

- TAKE COLD SHOWERS**
- FAST FREQUENTLY - WED, FRI, AND MORE IF
POSSIBLE (SAFELY)**
- REMOVE ALL TEMPTATIONS (INCLUDING
COMPLETE REMOVAL OF SOCIAL MEDIA IF NEEDED)**
- PRAY SPECIFICALLY FOR ANYONE YOU MAY
HAVE OBJECTIFIED**



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GREED TO CHARITY

**GREED (COVETOUSNESS/AVARICE) IS THE EXCESSIVE
LOVE OF POSSESSING THINGS.**

THE CONTRARY VIRTUE TO GREED IS CHARITY.

COMBAT WITH:

- DO NOT BUY UNNECESSARY THINGS**
- INCREASE YOUR TITHE/DONATE TO FAITHFUL
CATHOLIC ORGANIZATIONS**
- SERVE AT A HOMELESS SHELTER/SOUP KITCHEN**
- GIVE AWAY/DONATE UNNEEDED OR UNUSED
CLOTHES AND OTHER ITEMS**



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MORTIFICATION GLUTTONY TO TEMPERANCE

**GLUTTONY IS THE INORDINATE OR EXCESSIVE
DESIRE FOR, FOCUS ON, ATTACHMENT TO, OR USE
OF FOOD OR OTHER MATERIAL GOODS.**

THE CONTRARY VIRTUE TO GLUTTONY IS TEMPERANCE.

COMBAT WITH:

- FAST ON WED AND FRIDAY AS RECOMMENDED
BY THE CHURCH**
- SPEND “GOING OUT/FAST FOOD” MONEY
ON THE POOR**
- REMOVE ONE THING ENTIRELY FROM DIET, SUGAR,
SODA, ETC**
- REMOVE ALL SNACKING ENTIRELY**



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WRATH TO MEEKNESS

**WRATH/ANGER IS THE UNDUE DESIRE FOR
VENGEANCE - UNDUE IN THE CAUSE OR IN AMOUNT.**

THE CONTRARY VIRTUE TO WRATH IS MEEKNESS.

COMBAT WITH:

- SINCERELY PRAY FOR THOSE WHO ANGER YOU,
RIGHT OR WRONG**
- FORGIVE THOSE WHO OFFEND YOU, EVEN IF
YOU DON'T FEEL LIKE IT**
- TAKE SEVERAL MOMENTS BEFORE RESPONDING TO
SOMEONE AMIDST FRUSTRATION**
- PRAY FOR, AND SEEK TO BE MORE PATIENT**



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MORTIFICATION SLOTH TO DILIGENCE

**LAZINESS, ESPECIALLY IN THE THINGS OF GOD. SLOTH IS A
SORROW IN THE FACE OF SPIRITUAL GOOD - IT MAKES YOU
LETHARGIC AND WANT TO DO NOTHING AND/OR IT DRIVES
YOU TO NEGLECT SPIRITUAL GOODS.**

THE CONTRARY VIRTUE TO SLOTH IS DILIGENCE.

COMBAT WITH:

- ABSOLUTELY NO SNOOZE BUTTON**
- GET TO MASS 15 MIN EARLY, STAY 10 MIN
AFTER (PRAY DURING THIS TIME)**
- LIMIT ALL SOCIAL MEDIA AND OTHER ENTERTAINMENT**
- ACTIVELY SEEK TO FILL THE NEEDS OF THOSE
AROUND YOU**



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ENVY TO BROTHERLY LOVE

ENVY REFERS TO THE SADNESS AT THE SIGHT OF ANOTHER'S GOODS AND THE IMMODERATE DESIRE TO ACQUIRE THEM FOR ONESELF, EVEN UNJUSTLY. WHEN IT WISHES GRAVE HARM TO A NEIGHBOR IT IS A MORTAL SIN. (2539)

THE CONTRARY VIRTUE TO ENVY IS BROTHERLY LOVE.

COMBAT WITH:

- SERVICE TO OTHERS (VOLUNTEER WORK)**
- PAYING FOR SOMEONE ELSE'S MEAL (ANONYMOUSLY)**
- MAKE A POINT TO COMPLIMENT/SPEAK HIGHLY OF OTHERS**



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PRIDE TO HUMILITY

PRIDE IS DEFINED AS “AN INORDINATE SELF-ESTEEM OR SELF-LOVE, WHICH SEEKS ATTENTION AND HONOR AND SETS ONESELF IN COMPETITION WITH GOD (#1866)

THE CONTRARY VIRTUE TO PRIDE IS HUMILITY.

COMBAT WITH:

- PRAYING THE “LITANY OF HUMILITY”**
- ACCEPTING CRITICISM WITHOUT RESPONSE**
- PUTTING OTHERS FIRST WHENEVER POSSIBLE**
- DON'T SPEAK IN A CONVERSATION UNLESS ASKED**