

Woman of God, Do Not Lay Down Your Sword

Retreat Notes

Quotes of St Pio

"I have no wish whatsoever to have my cross lightened for it is a joy for me to suffer with Jesus."

"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayers."

"Every day, when your heart especially feels the loneliness of life, pray."

"I shall stand at the gates of Paradise until all my spiritual children have entered."

"The human soul is the battlefield between God and Satan... do not let the infernal beast frighten you. God will fight it with you and for you."

Regarding sin: "If you should fail, be humble, make a resolution to be submissive to God's will and then get up and carry on."

"Prayer is the best armor we have; it is the key which opens the heart of God. You must speak to Jesus not only with your lips, but with your heart. In fact, on certain occasions, you should only speak to Him with your ear."

"Any mental picture of your life that focuses on past sins is a lie and thus comes from the devil. Jesus loves you and has forgiven you your sins, so there is no room for having a downcast spirit. Whatever persuades you otherwise is truly a waste of time. It is also something that offends the heart of our very tender Lover. On the other hand, if the mental picture of your life consists in what you can be or could be, then it comes from God."

Amor Of God used by St. Pio

Reception of the Eucharist: John 6:56, He who eats my flesh and drinks my blood abides in me and I in him. St Pio is quoted "It would be easier for the world to survive without the sun than to do without the holy Mass."

Frequent Confession: Luke 15:10, I tell you there is joy before the angels of God over one sinner who repents. St Pio spent lengthy times in the confessional with his confession lines growing until the average wait was 10 days. Yet he always was able to focus on each penitent as they came for healing from sin. He was known to spend up to 15-19 hours daily in the confessional with his flock.

Scripture Reading

Adoration

Rosary: Luke 1:38, Behold, I am the handmaid of the Lord, let it be to me according to Your Word. St Pio is quoted, "This dear Mother continues to lavish her maternal care upon me." He considered the rosary his intercessory power and only consolation.

St Pio was known to pray the Rosary for all the mysteries every day. He rarely slept more than a few hours and often spent his nights praying the Rosary. Offering them up for those asking for his prayers. He named the Rosary the "weapon for these times."

Divine Mercy Chaplet

Fasting: Matthew 5:6, Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. St Pio fasted daily and ate sparingly.

St Michael Prayer: “St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do thou O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl through the world seeking the ruin of souls.”

Humility: Matthew 20:28, The Son of Man came not to be served but to serve, and to give His life as a ransom for many. St Pio embraced every hardship without complaint and in true Christian charity.

Poverty: Matthew 6:28-29, Consider the lilies of the field, how they grow, they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. St Pio refused luxury of any kind. He felt less material possession meant more room in his heart for Christ.

Obedience: John 15:10-11, If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. These things I have spoken to you, that my joy may be in you and that your joy may be complete. St Pio felt obedience was essential to following Christ and to turn from sin towards God. He is a great example of seeing past the emotional pain and pride that can be obstacles to obedience.

Battles with the devil: Ephesians 6:12, For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. The devil is real and desires the damnation of every soul, especially of those souls who are holy and a leading example to others to find the narrow road to God. St Pio was attacked by the devil in every way the devil could attack him: appearing as an ugly animal to frighten him, a naked woman to tempt him to lust, as one of his superiors to trick him, as a heavenly figure. The devil physically beat him more than once. A soul that is prideful, opulent, selfish is easy pray for the devil. It is imperative, like St Pio, that we practice virtues of humility, poverty, fasting and obedience to fight the spiritual warfare around us.

Relationship with your Guardian Angel: Psalm 91:11-12, For He will give His Angels charge of you to guard you in all your ways. On their hands, they will bear you up, lest you dash your foot against a stone. St Pio sent his guardian angel on errands regularly. The guardian angels of his spiritual children would serve as couriers of information to St Pio in what their charges needed or were facing. St Pio admonished “know that this good angel prays for you, offers to God all the good works you accomplish, you holy and pure desires.”

Bible, Prayer, Sacraments, Sacramentals, Angels and Saints, St Benedict Cross, Brown Scapular.