

## Notes about the Healing Mass

**A.** All Masses are “Healing Masses.” But we can receive more graces from the “Healing Mass” if (1) we are well-disposed—especially by praying certain prayers before and after Mass (see handout), and (2) the Mass intention of the priest is for your family healing.

**B.** St. Thomas Aquinas 101:

--Paraphrase: “What is received depends on the mode of the receiver.”

--Our Church has always taught that we are tempted by three things: (1) the world, (2) the flesh, and (3) the devil. If all the demons left America for a month, we would still fall into sin because of worldly thinking and the weakness of our flesh.

**C.** Sometimes we encounter people that think that every bad thought that they have (e.g., lust, envy) or every bad thing that happens to them (car accident, concussion, catch a cold) is from the devil. This is not balanced! In theology we talk about virtue being in the middle of two extremes. For example, look at the diagram below.

Despair (“I am so terrible; I’m headed to hell.”)	←	Hope (balanced) “I trust God.”	→	Presumption (e.g., “Ninety-eight % will be saved; why try? No Church needed.”)
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**D.** Regarding temptations to sin, we see people with a balanced attitude. They believe that they are tempted by the world, the flesh, and the devil. However, there are people who do not believe the devil exists, and people who blame everything on the devil. Look at this:

The devil does not exist	←	World, flesh, devil	→	The devil is everywhere
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**E.** We want to be balanced. Where are you as a receiver of information? If a person is at the “left extreme,” he/she will believe that he/she doesn’t need God or His Church, since the devil does not exist. If he/she is at the “right extreme,” he/she will be very anxious about many things and, frankly, will drive people away most likely. Also, he/she will blame the devil for everything. I have encountered several people that blame the devil for their problems and when we discover through prayer that they are “normal,” they get angry.

**F.** Yes, there are times in our lives when people hurt us, and the devil tempts us, but if we keep blaming them (people and demons) for all our problems, we can never heal. Adam blamed Eve for his sin; Eve blamed the devil for her sin. Ultimately, the blame-game turns into unforgiveness and self-pity and emotional re-enforcement of problems. It does not lead to healing.

**G.** Reasonable thought: “God loves us; He knows what we need, what we can handle, and wants to walk with us and teach us.” [Our nature is wounded. We need to raise it up with God’s help.]

-Unreasonable thought: “I want God to heal me now!” The person wants a “Tinkerbell God” that will waive a magic wand and heal him/her overnight.

-God does heal (but not always), but sometimes the path is long and hard. We all will have crosses the rest of our lives, and have to embrace them. There are times when God will work through a doctor or counselor. But

**Spiritual** healing > **Physical** healing. The ultimate healing comes when we die naturally, when God calls us. He knows the day and hour for us. We can get straight into heaven (very rare), or get healed in Purgatory—a just, painful healing process.

## H. Dealing with the World, the Flesh, and the Devil

(1) Worldly thinking. We overcome this by learning the truth from the Bible, Tradition, and the Magisterium.

(2) The Flesh. We overcome this by mortifying our 5 senses. Visit:

<https://www.youtube.com/watch?v=yD4YnsK-T54> [Search: Youtube mortifying our five senses]

-Eyes (sight)—only watch and read good things; limit media; maintain recollection of God

-Ears (hearing)—only listen to good, true things; be deliberate in choosing music; avoid gossip and listening to it

-Nose (smell)—avoid excess perfume; don’t complain when you smell bad odors that you cannot control

-Mouth (taste)—fast; eat no more than three times per day; eat healthy to glorify God; no snacking between 1  
-Hands/Feet/Body (touch)—use your sense of touch properly. Watch out for lust and illicit pleasure.  
Also, take custody of your memory and imagination. Keep surrendering unwanted things to God.  
Visit: <https://www.youtube.com/watch?v=E52hr-GX5zE> [Search: Youtube purifying our internal senses]  
Take custody of your passions. <https://www.youtube.com/watch?v=ss0hfWhnTEM> [Search: purifying passions]  
(3) The Devil. We overcome him through faith, prayer, virtuous/moral living, and the sacraments.

We identify the vices within our family lines—with their severity, and then we practice the opposite virtues! We pray for vices to be healed and evil spirits to depart.

### **I. This evening before Mass we will focus on:**

- (1) the necessity of forgiveness;
- (2) renouncing false judgments and stinging statements;
- (3) breaking “unholy soul ties” (unholy alliances);
- (4) distinguishing between natural problems brewing in a family tree (from the world and flesh) and spiritual problems brewing from demonic temptations and familial and familiar evil spirits.

### **J. Example List of Possible Patterns of Vice, Attitudes, and/or Evil Spirits Tempting Your Family Tree**

[Is there a pattern that is in at least two generations? Search: YouTube Fr. Ripperger Generational Spirits]

- Bitterness, resentment, hatred, un-forgiveness, violence, temper, anger, retaliation, murder
- Rebellion, self-will, stubbornness, disobedience
- Strife, family strife, hatred of parents, hatred of siblings, hatred of children, hatred of spouse
- Control, manipulation, possessiveness, dominance, competition, witchcraft
- Accusation, judging, criticism, faultfinding, impatience, agitation
- Rejection, fear of rejection, rejection of self, abandonment, isolation, withdrawal
- Insecurity, inferiority, self-pity, loneliness, shyness, inadequacy
- Jealousy, envy, suspicion, distrust, selfishness, narcissism
- Escape, indifference, stoicism, passivity, sleepiness, alcohol, drugs
- Depression, despair, despondency, discouragement, defeatism, negativism, dejection, hopelessness
- Worry, anxiety, fear, scrupulosity, apprehension, nervousness, insomnia, over-grieving
- Mental illness [name it] \_\_\_\_\_
- Confusion, frustration, incoherence, forgetfulness, indecision, doubt, unbelief
- Pride, ego, vanity, self-righteousness, superiority, self-importance, haughtiness, arrogance
- Covetousness, stealing, kleptomania, material lust, greed, discontent, selfishness
- Grief, sorrow, heartache, heartbreak, crying, sadness
- Infirmity [any disease/sickness] \_\_\_\_\_
- Untimely deaths, accident prone, abortion, still-born, miscarriage, suicide, desire of another’s death
- Hyperactivity, restlessness, workaholism
- Addictive, compulsive, nicotine, alcohol, drugs, medications, caffeine, sugar, gluttony, sleeping (avoidance), gambling, shopping
- Self-accusation, self-hatred, self-condemnation
- Guilt, condemnation, shame, unworthiness, embarrassment
- Lust, fantasy lust (sexual daydreams), masturbation, promiscuity, homosexual activity, lesbianism, bisexual activity, adultery, fornication, oral sex, anal sex, bestiality, incest, rape, sexual identity problem, contraception, sterilization, harlotry, exposure (“flashing”), pedophilia, satanic ritual abuse, masochism [all of these impurities are a misuse of the sacred gift of sex within a proper marriage]
- Pornography (from various sources: stage shows, topless bars, many R-rated movies, all X-rated movies)
- Cult involvement: Jehovah’s Witness, Christian Science, Lodges, secret societies, Freemasonry, Moonies
- Occult activity: astrology, witchcraft, Wicca, Satanism

To see the handouts of this first healing service, visit: [nococcm.org](http://nococcm.org). Scroll down and look for “Fr. Freihofer’s Resources.”

[Next Healing Mass evening: Monday, February 13]