

But Nobody Ever Told Me... XXIV

Tradition is surprisingly fragile. Once a link of the chain is broken, it is extremely difficult to reattach—and if it effects a second link—almost impossible. What often happens in many disciplines is that an older generation assumes that the younger generation knows how and why certain things are done. We can see this in everything from sports practices to cooking recipes.

The Enemy and spiritual warfare

This part of our “But Nobody Ever Told Me...” series has been about the Devil and his crew and their intentions toward you. “Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for (someone) to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. (1Pt 5:8,9) We conclude this sub-series with this column.

Last week we pointed out that the very best way to wage spiritual warfare is by taking the fight to ourselves—doing violence to our sinful thought patterns that have been induced and fostered by various forms of trauma and our own sinful habits. This is where the Enemy wants to hide out and issue his malicious inspirations. The Blessed Mother and our Guardian Angels strive to do the opposite. Unfortunately, what is helpful is usually difficult and even painful.

When the physical therapist tells us we need to stretch and exercise after the surgery or cast removal, it hurts and we don’t want to do it. On the other hand, we feel better after we do and we are one day closer to ‘normal’ health.

When the dietitian says that we need to change our diet or we are going to develop type II diabetes, we don’t want to hear it and we yearn for our comfort foods. One the other hand, after a few weeks of improved diet we feel better than we have in years and are willing to continue the effort because we experience the results.

When the Blessed Mother and our Guardian Angel (or God using someone in a prophetic mode) point out the truth to us, we don’t want to hear it. Denial and anger are common reactions and we try to avoid the topic or turn it around on the other person. What we need to understand is that this same dynamic as with the above examples is in play. If we listen and persevere, we will see the benefit.

On the other hand, if someone has something that claims to make you holier and healthier with little effort and great sweetness—it can pretty much be guaranteed that *it is too good to be true*. Sorry.

In conclusion, Jesus never promised that it would be easy. In fact, He said it is even *impossible without* His help.(Mk 10:27) However, He also promised that He *would help and never leave us alone*.(Mt 11:28-30)