

Powerlessness

“My power is made perfect in weakness”

2Cor12:9



**Catholic Spirituality
Centre
Growth Session # 1
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DEDICATION



These series of the first 3 lessons
are dedicated gratefully to
Msgr. Archbishop Emeritus Nicholas Chia



The Problem



Human Desire



CCC 27: The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for.



-I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Rom.7:15



When I try to answer these desires by myself, I either:

- Make an Idol of a Person, Place or Situation (Get Disappointed ...)
- Flatten My Desire out of indifference (Get Bored)
- Suppress My Desire as I get desperate (Get Frustrated ...)



Are There Good & Bad Desires?





CCC 1767: In themselves passions are neither good nor evil. They are morally qualified only to the extent that they effectively engage reason and will.



Personal Reflection:

- What are my strongest passions at the present time?
- How do I try to realize them?

(Hint: If you are not sure of your uppermost passions then think - what do you spend most of your time worrying about?)



Edwyn & Karen's Witness on their Passions



1st Lesson: Powerlessness





But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

(2Cor.12:9)



Admitting powerlessness is absolutely essential to breaking the sin cycle, which is made up of four movements:





If we rely on willpower alone, then the only thing we know to do is to escalate our efforts to get out of the pain. Admitting Powerlessness calls us to do less - to yield, to surrender, to let go.

- Prayer is not about controlling my life.



CCC 2559

He who humbles himself will be exalted;
humility is the foundation of prayer, Only
when we humbly acknowledge that "we do
not know how to pray as we ought," are we
ready to receive freely the gift of prayer.
"Man is a beggar before God."



Clarification!!

Powerlessness does not mean helplessness.

-It means I now have the ability to make a choice.

-I can place myself under new management.

-Powerlessness is not weakness; it is reality.



Edwyn & Karen's Witness on Powerlessness



Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation- some fact of my life -unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake.

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.



Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the pathway to peace.

Reinhold Niebuhr

Taking, as Jesus did, this sinful world as it is, not as I would have it.

Trusting that God, my Father, will make all things right if I surrender to His Will;

That I may be reasonably happy in this life, and supremely happy with God, my Father forever in the next. Amen.

Reinhold Niebuhr