

The Foundations of Supernatural Prayer Anatomy of the Soul

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The Sacrament of Baptism

Catechism of the Catholic Church

1213 Holy Baptism is the **basis** of the whole Christian life, the gateway to life in the Spirit, and the door which gives access to the other sacraments. **Through Baptism we are freed from sin and reborn as sons of God;** we become members of Christ, are incorporated into the Church and made sharers in her mission: "Baptism is the sacrament of **regeneration** through water in the word."

1227 According to the Apostle Paul, the **believer enters through Baptism into communion with Christ's death, is buried with him, and rises with him...** The baptized have "**put on Christ.**" Through the Holy Spirit, Baptism is a bath that **purifies, justifies, and sanctifies.**

1254 For all the baptized, children or adults, **faith must grow after Baptism.** For this reason, the **Church celebrates each year at the Easter Vigil the renewal of baptismal promises.** Preparation for Baptism leads only to the threshold of new life. **Baptism is the source of that new life in Christ from which the entire Christian life springs forth.**

1262 ... Immersion in water symbolizes not only death and purification, but also regeneration and renewal... The **two principal effects of Baptism are purification from sins and new birth in the Holy Spirit.**

1265 **Baptism** not only purifies from all sins, but also makes the neophyte "**a new creature,**" an **adopted son of God,** who has become a "**partaker of the divine nature,**" **member of Christ and co-heir with him, and a temple of the Holy Spirit.**

1266 The **Most Holy Trinity** gives the **baptized Sanctifying Grace,** the grace of justification (right with God): enabling them to **believe** in God, to **hope** in him, and to **love** him through the **theological virtues** (of faith, hope & charity); giving them the **power to live and act under the prompting of the Holy Spirit through the gifts of the Holy Spirit;** allowing them to **grow in goodness through the moral virtues. Thus, the whole**

organism of the Christian's supernatural life has its roots in Baptism.

Theological Virtues

The Theological Virtues of faith, hope & charity are **grafted into the Soul at Baptism** and allow us to enter into contact with God. They are **supernatural & infinite virtues that are directly infused into our soul.** This differentiates them from other virtues. The **theological virtues are actually God, himself who gives himself to us.**

These virtues render the **soul's faculties divine,** and by proxy, **man himself shares this divine life.** In a certain way we are made **equals to God by participation,** not by nature though, there is only one God.

The Book of Genesis tells us that we were created in God's image and likeness. St. John tells us that God is love. The essence of love is to share itself. God desired that man have his best. What is his best? Himself. So, he transforms us into his image.

Original Sin came about through Satan's cunning. He was **jealous of man's divine nature acquired at Baptism.** Jesus, himself, said that it is by jealousy of the devil that death entered the world. Wisdom 2:24

Anatomy of the Soul

Sensory Self

The body has 5 external Senses Sight, Hearing, Smell, Touch, Taste that allow us to communicate with the world around us.

In addition, we have two Internal Senses: the Imagination, that bother us the most in prayer and the appetites or desires that demand satisfaction and can be contradictory.

Spiritual Self

Theological Virtues Grafted into Soul at Baptism

-Charity is grafted onto our will; God is Charitable Love. Charity is a gift that attaches to our will; and transforms our way of wanting; As our will is gradually transformed, we love God more; this transformation allows us to love others more.

-Faith is grafted onto our intellect. It is a form of intelligence and gives us insight into God. Faith allows the intelligence to be purified & transformed from an inaccurate understanding of things. The more we allow

God to act in us, the more 'intelligent' we become. It is the 'intelligence of faith'. Faith gives us a vision of things, an understanding that by ourselves we wouldn't be able to acquire. It renews our thinking.

Example : Christ asked his disciples who people said he was. Peter answered: "You are the Christ the Son of the Living God" Mt. 16:16. Christ responded that it wasn't he but His Father, spoke through him. The entire Church is based on Peter's act of faith.

-Hope is a gift that attaches itself to our memory; Memory concerns our relationship to time; it awakens in us another relationship with time that allows us to hope against all hope.

Transformation

Little by little as we allow God to work in our souls, the **spiritual self** is **transformed by our Theological Life**. It gradually **takes over the sensory self** through God's grace. The **inside comes to govern the outside**.

The **spiritual self** will then **re-order both the imagination and the appetites for the service of good**.

Our deep self has been **harmonized**; the spiritual and the sensory selves are in harmony.

This **transformation of our deep self** makes us more harmonious a being- more efficient, agreeable, likeable. God has transformed us.

It is also a process of **Liberation or Freedom** from what has kept us in Slavery and so allows us to become **Fully Human** as all has been put back into its Rightful Place.

This process is at the same time a process of developing an inner life & of deification; God has become the **motor** of our life. He has re-established order in our life. We have been freed from our worldly attachments which have been restored to their rightful purpose.

St. Teresa & Mystical Life

For Teresa **all the Baptized** are invited into Mystical Life. This life is not just a Few Elite Souls. It is fulfillment of Baptismal grace. It is about an increase of theological virtues of faith, hope and charity in the soul of he who believes the Kingdom of God is found within. Silent prayer is the door into mystical life and & the path to union with God.