



Journey to Joy!  
Healing for Life's Sorrows  
Part 2: "Uncovering the Wounds of the Heart"

[Click Here for Lesson 2 Video](#)

**Theme:** Sin wounds the heart and prevents us from experiencing the joy and happiness God intends for us to receive.

**Grace:** I pray for the grace to be healed from the consequences of my personal sins and the sins of others against me.

**Prayer to the Holy Spirit**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

## Praying with Sacred Scripture

Before beginning, review the information about Lectio Divina from the Supplemental Study Material from Part 1. Review also the instructions for How to Pray Sacred Scripture. Then compose yourself for your time of prayer. Remember, you are coming to a divine appointment. The Holy Trinity has been waiting for you, anticipating your arrival. Enter into these sacred moments with expectant faith, a receptive heart, trust, and a surrendered spirit. Be sure to write down any thoughts and inspirations you receive each day for the Scripture passage you are contemplating. Be at peace. Mary's maternal beatitude covers you.

### Daily Passages for Meditation:

Day 1: Psalm 30:3-4

Day 2: 1 Peter 5:8

Day 3: 2 Corinthians 5:17-18

Day 4: Job 12:22 and Luke 8:17

Day 5: Proverbs 3:7-8

Day 6: Matthew 11:28

Day 7: Exodus 20:2

### Going Deeper

St. Paul writes these words to his disciple, Timothy: "In every large household there are vessels not only of gold and silver but also of wood and clay. Some for distinguished use and others for common use. The lesson is that if a person will but cleanse himself of evil things, he may be a distinguished vessel dedicated and useful to the Master of the house and ready for every noble service. So turn from youthful passions and pursue integrity, faith, love and peace along with those who call on the Lord for purity of heart (2 Timothy 2:21)."

Recall the words from the teaching this week: "Hard admissions make healing happen." With this in mind, sit quietly with this passage and let its words move within you. Then, prayerfully consider these questions:

1. What behaviors ("evil things") can I identify from which I need to be cleansed – sin that is either past or present, or sins that have been committed against me?
2. Consider the phrase "youthful passions." Psychologists tell us that trauma, no matter its cause, can stunt our emotional or psychological growth. We may be an adult chronologically but a child emotionally or psychologically. Thus, our passions may be "youthful" or immature no matter our age. To what extent could this be true of you? (Hint: A common symptom is that you feel like a little girl or a little boy interiorly even though you may function well and be successful exteriorly.)
3. Go to Words to Grow By and read the etymology of the word "integrity." Now read again the last sentence from the Scripture passage. Consider how "integrity" fits together with faith, love, peace, and purity of heart. Would you say "integrity" is a word that applies to you? Why or why not?

4. Go to Words to Grow By and read the various definitions for the concept “purity of heart.” Exclusive of the saints, think of a person you know who most exemplifies “purity of heart.” How can his/her example encourage you to move forward in healing the wound of your heart?

5. In the last sentence of the passage, Timothy gives us the key to healing and to growth in holiness. What is it? Why not begin right now?

3

### Words of Wisdom from the Saints

*“Let no one mourn that he has fallen again and again, for forgiveness has risen from the grave!”* St. John Chrysostom

*“The saints did not all do well, but they ended well.”* St. John Vianney

*“In my deepest wound I saw Your glory, and it dazzled me.”* St. Augustine of Hippo

In light of the above quotations, read the following short biography of Blessed Bartolo Longo.

#### **Blessed Bartolo Longo (1841-1926)**

No one would have guessed the Italian lawyer would one day become a Third Order Dominican and dedicate his life to Our Lady and the Rosary. But that is exactly what happened to this Satanic priest who is in the process of being raised to the altar of God. Like many today who are influenced by the ways of the world and the culture of the day, Bartolo abandoned his Catholic faith as a youth and quickly became enamored with the progressive ideals being propagated at the University of

Naples. He took a hard stand against the Church and admitted hatred of “monks, priests, and the Pope.”

Confused, disillusioned, and empty, he turned to some of the famous mediums of Naples and began his descent into occultism. His fascination grew after attending séances and in his 20’s he was consecrated a Satanic priest and promised his soul to a demon. He pulled others away from the faith, led public services, became involved with drugs all the while blaspheming against God and the Church. Reduced to skin and bones from rigorous fasting, and nearing a nervous breakdown due to severe depression, a solidly Catholic professor at the

University took him in and his restoration began. The professor was an answer to his family's continuous prayers for his safety and salvation.

But it was the Blessed Mother who relieved him of his guilt and gave him the vision of who he could be. Here is Bartolo's own description of what happened: "One day in the fields around Pompeii," he wrote, "I recalled my former condition as a priest of Satan... I thought that perhaps as the priesthood of Christ is for eternity, so also the priesthood of Satan is for eternity. So, despite my repentance, I thought: I am still consecrated to Satan, and I am still his slave and property as he awaits me in Hell. As I pondered over my condition, I experienced a deep sense of despair and almost committed suicide. Then I heard an echo in my ear of the voice of Friar Alberto repeating the words of the Blessed Virgin Mary: 'One who propagates my Rosary shall be saved.' Falling to my knees, I exclaimed: 'If your words are true that he who propagates your Rosary will be saved, I shall reach salvation because I shall not leave this earth without propagating your Rosary.'"

## Words of Wisdom from the Saints Continued

From that day forward Bartolo began to live the mysteries of the Rosary and propagate devotion to it broadly. He eventually raised the funds to build Pompeii's famous Basilica of Our Lady of the Most Holy Rosary and founded many other charitable works. He started the movement among the people which culminated in the solemn dogmatic proclamation of the Assumption in 1950. The life of Bartolo Longo gives evidence that there is no sin greater than God's mercy. Blessed Bartolo Longo, pray for us.

- Is there a sin you have committed or a sin committed against you for which you think there is no healing? To what extent does Bartolo Longo's story give you hope? Journal about it.
- Go back through the biography and discover moments when Bartolo was discouraged, despairing, and deceived. These are the three D's the evil one will use against us. Can you identify with one of them now? Pick up the Rosary, pray it, and ask for Our Lady's intercession.
- Read the above quote by Saint Augustine of Hippo. Look at your deepest wound. Ask God to help you see Him there.
- Compose a short prayer asking God to aid you in your doubt, to help you through your discouragement, and to dismiss the lies the evil one might use against you.

## Words to Grow By

**Integrity** – Comes from c. 1400 from Old French (*intégrité*) meaning "innocence, blamelessness; chastity, purity," or directly from Latin *integritatem* (nominative *integritas*) meaning "soundness, wholeness, completeness," figuratively "purity, correctness, blamelessness," from *integer* "whole" (see *integer*). Sense of "wholeness, perfect condition" is mid-15c. ([etymonline.com](http://etymonline.com))

**Purity of heart** – A phrase meaning *to be free of all wicked motivation and sinful intentions, and to have no unworthy interest and self-seeking desires* ([oca.org](http://oca.org)); *purity of heart is being drawn to God and grappling in His presence with our tendencies to sin* (<https://ascensionpress.com>); *purity of heart monitors and detects disordered and evil thoughts, capturing them and deleting them as hostile to growth in holiness* ([catholicstrength.com](http://catholicstrength.com)).

- Which of these definitions do you prefer and why?
- What one step can you take today to grow in purity of heart?

For Pondering:

Do you think true repentance and healing for our woundedness helps us grow in purity of heart?

Why or why not? Do you think it is necessary for complete healing and restoration? Why or why not?

In Closing

O Lord, The house of my soul is narrow; enlarge it  
that you may enter in.

It is ruinous. O repair it!  
It displeases Your sight. I  
confess it. I know.

But who shall cleanse it, to whom shall I cry  
but to you? Cleanse me from my secret faults,  
O Lord, And spare your servant from strange  
sins.

Amen

St. Augustine of Hippo

*My sin is ever before my eyes, my Lord, but I place my trust in your never failing  
mercy and love for me.*

Amen