

ST. PATRICK CATHOLIC HIGH SCHOOL

DAILY ANNOUNCEMENTS Wednesday, February 6, 2019

Today's Prayer and Reflection:

*Strengthen your drooping hands and your weak knees.
(Hebrews 12:12)*

Isn't it awe inspiring to watch Olympic weightlifters heft hundreds of pounds? Of course, you know that none of them began by hoisting barbell-bending weights. They started with the barbell itself and slowly increased the weight as they grew stronger.

So it is in our struggle against sin. None of us start out as Olympic weightlifters. We have to start out gradually and build ourselves up over time. Now, you may already be nearing Olympics caliber when it comes to battling sin, or you may be just starting out. Regardless of where you are, it's always helpful to review some of the basics.

First, start your training by getting into the practice of examining your conscience each evening. "Where have I fallen short today? In what areas am I committing the same sins over and over? Who may I have hurt today by my words or actions?" Then ask God—and any person you may have offended—for forgiveness. Don't forget to make sacramental Confession a regular practice. It will give you that extra burst of grace you need the next time you encounter a strong temptation.

Remember that sometimes you have to put something down in order to grip the barbell in front of you. That might mean separating yourself from the things that weaken you. It could be that Internet site that sucks you in for hours. It could be that bowl of ice cream in the evening or the gossip you trade with your friend each morning.

Sometimes there's already sufficient weight on the barbell, and you need only to increase the number of times you lift it. That might mean spending a few extra minutes praying or reading Scripture, attending daily Mass once or twice a week, or occasionally substituting a saint's biography for the current best seller.

Lifting weights is hard work, and so is battling sin. But you're not doing it alone. God knows how you are made. He knows the things that weaken you and the things that strengthen you. So think of Jesus as your coach. He is standing right beside you. Let him show you what to lift up and what to put down. He is always ready to help you with his love and grace.

"Lord, I want to be strong enough to resist sin. Show me today how I can grow stronger."

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Today's Announcements:

- ★ Happy Birthday to Braden Summersell!
- ★ Cheer tryouts are coming up. Tryouts for cheer will be held March 15. If you are interested in trying out, please stop by Ms. Hebert's room 102 to pick up a tryout packet.
- ★ All members of Science Olympiad should see Ms. Moon by Friday to pick up a permission slip for the Regional Competition.

★ The Fighting Irish men's basketball team defeated Lumberton last night 69-48. Jay Parker and Michael Moeller led the Irish in scoring while Parker Frame, Windfield Swetman, and Nick Krass led the team defensively. The Irish now stand at 21-4 on the season and will host North Forrest on Senior night Thursday at 7:00 p.m.