

Interior Freedom Jacques Philippe

Michael Rossmann

Interior Freedom Jacques Philippe, 2017-03-29 Interior Freedom leads one to discover that even in the most unfavorable outward circumstances we possess within ourselves a space of freedom that nobody can take away, because God is its source and guarantee. Without this discovery we will always be restricted in some way and will never taste true happiness. Author Jacques Philippe develops a simple but important theme: we gain possession of our interior freedom in exact proportion to our growth in faith, hope, and love. He explains that the dynamism between these three theological virtues is the heart of the spiritual life, and he underlines the key role of the virtue of hope in our inner growth. Written in a simple and inviting style, Interior Freedom seeks to liberate the heart and mind to live the true freedom to which God calls each one.

Study Guide for Interior Freedom; Jacques Philippe Marie Thibodeau, Jacques Philippe, 2022 Interior Freedom leads one to discover that even in the most difficult circumstances we possess within ourselves a space of freedom that nobody can take away, because God is its source and guarantee. Without this discovery we will always be restricted in some way and will never taste true happiness. Author Jacques Philippe develops a simple but important theme: we gain possession of our interior freedom in exact proportion to our growth in faith, hope, and love. He explains that the dynamism between these three theological virtues is the heart of the spiritual life, and he underlines the key role of the virtue of hope in our inner growth. [taken from Interior Freedom]

Trusting God in the Present Fr. Jacques Philippe, 2022-11-02 Life is always full of new and unexpected challenges, but each challenge is also an opportunity to draw closer to God. Fr. Jacques Philippe, a beloved author and renowned spiritual director, will show you how to maintain peace of heart through turbulent times and discern the choices that will be helpful for you and others. Written in a simple and inviting style, Trusting God in the Present is your spiritual direction manual to trusting God in the midst of difficult times. You'll find that God is, indeed, with you, and he is inviting you to a new perspective, renewed hope, and a more abundant life.

The Way of Trust and Love Jacques Philippe, 2017-03-31 St. Thérèse of Lisieux sought a new way to Heaven: "a little way that is quite straight, quite short: a completely new little way." Blessed with personal limitations that might have discouraged another, Thérèse believed God would not have given her a desire for holiness if He did not intend for her to achieve it. She learned to humbly accept herself as she was and trust completely in God's love. First given as a retreat by

renowned author Father Jacques Philippe, *The Way of Trust and Love* navigates excerpts of St. Thérèse's writings phrase by phrase, extracting powerful, resonating insights. To Thérèse, the journey seemed "little" as she traveled it. A hundred and fifteen years after her death, the message of the young saint and Doctor of the Church has traveled around the world inspiring millions. With this newly translated study of her spirituality, many today will rediscover—or find for the first time—the relevance of "the little way," in all seasons of life. Fr. Jacques Philippe is well-known for his books on prayer and spirituality. A member of the Community of the Beatitudes, he regularly preaches retreats in France and abroad. He also spends much of his time giving spiritual direction and working for the development of the Community in Asia and Oceania where he travels frequently. View Fr. Jacques Philippe's website and App (www.frjacquesphilippe.com)

Called to Life Jacques Philippe, 2017-03-30 How do I find fulfillment in life? How do I obtain happiness? Despite a multitude of self-help books in recent years, these eternal questions have become increasingly urgent in today's directionless world. Author Jacques Philippe provides some answers. In his new book, *Called to Life*, he explains that a complete and fulfilled life is much more assured when we stop trying to chart our own course, when we realize that we are essentially creatures called by God. He goes on to describe where and how these calls take place: the events of life, the Word of God in Scripture, and interior motions of the Holy Spirit. Learning to recognize and follow these calls is what leads to a happy and full life. *Called to Life* includes a special section on how to read Sacred Scripture prayerfully (*Lectio Divina*), making this a timely source of inspiration and guidance following up on the recommendations of Pope Benedict XVI and the 2008 Synod of Bishops on the Word of God.

Fire & Light Jacques Philippe, 2017-01-01 In a series of essays linked by his examination into key areas of spiritual growth, Fr. Jacques Philippe develops themes relating to prayer, freedom, the Holy Eucharist, and man's constant struggle for contentment amid the stresses of everyday life. Through spiritual insights of amazing women of the Church—Etty Hillesum, Thérèse of Lisieux, and Teresa of Avila—Fr. Jacques' essays examine topics such as: Why look for interior peace? Knowing God through Mary Touching God through prayer The theological virtues and the Eucharist

Nine Days to Welcome Peace Fr. Jacques Philippe, 2020 Peace of heart is not only a blessing but also a necessary condition for the growth of our spiritual lives. How do we not only find peace but then keep it? Step by step, in a period of nine days, Fr. Jacques Philippe describes how to welcome this inner peace in all areas of our existence. He shows us how to rest in the deep resonance of God's holy peace amidst the highs and lows, ease and struggles of everyday life. Allow your heart to be guided by Fr. Jacques toward a more peaceful existence that penetrates every area of your life and calls you to a deeper relationship with the Lord. This is the second of Fr. Jacques' books in the "Nine Days To" series.

Interior Freedom - Study Guide Jacques Philippe, 2025-02-14

Made for Freedom Jutta Burggraf, 2017-03-31 In a fast-paced world overloaded with technology and information, it can be

difficult to remember who we are as God's children. We are called not only to do, to build, and to accomplish, but to be and to love in freedom. Embracing that deeper call requires courage, mired as we are in our own weaknesses as well as the increasing manipulation of others. Yet from the beginning God offers us a life full of love and happiness with Him. At the core of this gift is our freedom and we must struggle to maintain it, defend it, and grow continually in it. In *Made for Freedom*, author Jutta Burggraf offers a penetrating meditation on freedom and its importance in the life of a Christian. She explains that our ultimate happiness is a result of a humble "yes" to God's gift of our very selves, accepting both the light and the darkness of who we are. From there, we can go a step further to accept God's love and invite Him, and only Him to fill the gaps with love and healing. With this humble but honest perspective, we can choose to love ourselves as God loves us, and in turn, to love others.

The Freedom of Missing Out Michael Rossmann, 2022-07-01 EXPERIENCE MORE BY DOING LESS IF YOU LIVE A LIFE OF CONSTANT JOY, BALANCE, AND EASY MODERATION, THEN THIS BOOK ISN'T FOR YOU. But if you are like the rest of us, every day presents a blinding rush of options and opportunities, risks and benefits. And no matter what, you are going to miss out on something that might be better than what you choose. Mix this anxiety with an unhealthy dose of fear in all its various forms, and you have a recipe for a confused, neurotic, and unhappy life. But there is hope for this present-day malady. Shattering the popular conception that we should say yes to everything lest we miss out on something better, Michael Rossmann outlines a practical plan for developing emotional courage, increasing focus, and learning to say no to what depletes us. In turn, we end up with the space and ability to say yes to what energizes us and gives our lives more meaning, vitality, and purpose. Blending personal stories, wisdom, and humor with cutting-edge research, Rossmann's counterintuitive approach to the challenges of daily living provides readers with a roadmap to experience the freedom that comes from learning to discern what's best for you, setting boundaries, and making a commitment to what matters most in your life.

Life-Giving Wounds Daniel Meola, Bethany Meola, 2024-01-07 Over half of the people in the United States will experience the splitting up of their parents, statistics say. Yet no matter how normal divorce becomes, it always inflicts a profound wound on families—not only the parents, but the children, whether young or grown. The children of divorce are fractured on the level of their very being: heart, mind, and soul. If left untended, this break could pain them for the rest of their lives, tingeing their relationships, their faith, and their capacity for joy. *Life-Giving Wounds* offers a path to recovery for adult children of divorce and separation, and a thorough reference for those who love and care for them. Daniel and Bethany Meola draw from their personal experience, theological formation, and academic research—as well as from their work of accompanying hundreds of men and women from broken homes—to provide a compassionate, spiritually rich, and psychologically sound guidebook following the footsteps of the only true healer: Jesus Christ. Readers of *Life-Giving Wounds*

learn to recognize the many ruptures caused by divorce and, more crucially, to find new life by grieving, praying, hoping, loving, forgiving, trusting, and committing to one's vocation. In the Resurrection, God turns suffering into something infinitely beautiful: redemption. This is where we find healing that lasts. Our wounds may remain with us—as Christ's did with him—but they can, like his, begin to givelife.

The Catholic Advantage Bill Donohue, William A. Donohue, 2015 The controversial president of The Catholic League shows how the Church may be the best guide for achieving long-term health and happiness. Religious Americans are by far the healthiest and happiest of any segment of the population--this is true across religions according to recent Gallup polls. Bill Donohue, President of the Catholic League, goes a step further to show that Catholicism will not only make you healthy and happy, but it will ultimately lead you to heaven too. In his latest book, *The Catholic Advantage*, Donohue turns his attention to the ways Catholicism is experienced by believers. He explores a simplified and practical way of looking at the faith, demonstrating how Catholic living enhances our well-being. With exciting new research and time-honored wisdom, Donohue shows how the application of beliefs, bonds and boundaries lead to a bountiful life, while the atheism, narcissism, and hedonism of secular intellectuals and celebrity culture paves the path to misery. Donohue writes, Catholics who have faithfully followed the precepts of their religion, and have lived a life of good health and happiness, are nicely positioned to experience even greater happiness in heaven. Anyone who bats three for three, especially given these stakes, must be doing something right.

The Catholic in Recovery Workbook Catholic in Recovery, Scott Weeman, 2022-10-14 The Catholic in Recovery Workbook is the first step-by-step guide for working through the Twelve Steps of recovery from a Catholic perspective. If you struggle with addiction, dependency, or unhealthy attachments—or love someone who does—this book will help you discover the life-changing mercy of Jesus Christ through Church tradition and the grace of the sacraments. The workbook includes an overview of the Twelve Steps and insights from well-known recovery resources; relevant excerpts from the Catechism of the Catholic Church; the wisdom of saints and teachings of theologians; powerful prayers and inspiring testimonials; and practical tools such as discussion questions, journaling prompts, personal inventories, and reflection exercises. The Twelve Steps and the sacraments have the power to set you free, no matter what your addiction or unhealthy attachment, and this workbook offers the steps, insights, and practices that can lead you to healing and recovery. The Catholic in Recovery Workbook can be used with person, or in a group. This book can stand alone or alongside Weeman's award-winning book *The Twelve Steps and the Sacraments*.

Fill These Hearts Christopher West, 2013-01-08 The bestselling author, speaker, and teacher of John Paul II's *Theology of the Body* explores the yearning we all have for God and each other. *Fill These Hearts* is a book about desire. Not trivial wants or superficial cravings, but the most vital powers of body and soul, sexuality and spirituality, that haunt us and compel

us on our search for something. Weaving life-altering lessons together from classical and contemporary art, pop music, movies, and the Christian mystical tradition, popular theologian Christopher West explores the ancient but largely forgotten idea that the restless, erotic yearnings we feel in both our bodies and our spirits reveal the cry of our hearts for God. Along the way, West blows the lid off the idea of Christianity as a repressive, anti-sex religion by demonstrating that Christ came to stretch and inflame our desire for love and union to the point of infinity.

Be Transformed Bob Schuchts, 2017-03-03 Winner of a 2018 Catholic Press Association Award: Sacraments. (First Place). How can Christians grow spiritually in the midst of our sinfulness? How can we transform our lives in a way that allows us to share in the resurrection of Jesus? God has already given us the perfect solution—the sacraments. Whether it is the wound of past hurts, the strain in our relationships, or the stress of daily life, we all need to be comforted and made whole by Christ. In this follow-up to his bestselling *Be Healed*, Bob Schuchts explains how the sacraments can fuel your emotional and spiritual healing and bring you closer to God. Based on more than thirty-five years of experience as a therapist and decades spent in parish ministry, Schuchts demonstrates how each of the seven sacraments can be a life-changing encounter with Christ, communicated through the power of the Holy Spirit. He pairs each healing sacrament with one of the seven deadly wounds that emanated from original sin in the Garden of Eden. We perpetuate and deepen those wounds each time we sin, but the sacraments are God's remedy for sin. They give us a way to restore us to wholeness in Christ. In *Be Transformed*, You'll discover how each sacrament can help you heal from wounds that can impede your relationships and sense of self-worth. With Schuchts's help, you'll learn how: Baptism makes us beloved children of God, healing our wounds of rejection Holy Communion heals our wounds of abandonment by inviting us to share in Jesus' abiding presence Confirmation overcomes our powerlessness through the power of the Holy Spirit Holy Orders heals wounds of confusion and disorder by re-establishing God's authority in our lives In marriage, God's faithful love heals wounds of fear and mistrust Reconciliation restores purity and releases us from shame Anointing of the Sick provides enduring hope to overcome our hopelessness *Be Transformed* offers all of the tools you need for a fresh understanding of the sacraments, including reflection questions, scripture meditations, prayers, and inspiring stories. You'll come away hungry for the sacraments in a way you never knew possible.

At the Heart of the Gospel Christopher West, 2012-01-31 The sexual revolution brought a terribly distorted vision of the body and sex into the mainstream. How should Christians respond? With his illuminating *Theology of the Body*, Pope John Paul II challenged the modern world not to stop at the surface, but to enter the depth of the "great mystery" that the body and sex reveal: a mystery that lies at the heart of the Gospel itself. Since he first discovered John Paul II's teaching in 1993, Christopher West has devoted himself to sharing its life-transforming message with the world. In this highly anticipated work, West leads us into the depth of Christ's "nuptial union" with the Church, demonstrating how authentic Catholic teaching on the body and sex saves us from both the libertine perspective of popular culture and the cold puritanism that has

sometimes infected Christianity. In the process, West provides a blueprint for reaching our sexually broken world in the “new evangelization.”

Why I Don't Call Myself Gay Daniel Mattson, 2017-04-30 Daniel Mattson once believed he was gay. Raised in a Christian family, and aware of attractions to other boys at age six, Mattson's life was marked by constant turmoil between his faith in God and his sexual attractions. Finding the conflict between his sexual desires and the teachings of his church too great, he assumed he was gay, turned his back on God, and began a relationship with another man. Yet freedom and happiness remained elusive until he discovered Christ and his true identity. In this frank memoir, Mattson chronicles his journey to and from a gay identity, finding peace in his true identity, as a man, made in the image and likeness of God. Part autobiography, part philosophy of life, and part a practical guide in living chastely, the book draws lessons from Mattson's search for inner freedom and integrity, sharing wisdom from his failures and successes. His lifelong search for happiness and peace comes full circle in his realization that, above all else, what is true about him is that he is a beloved son of God, loved into existence by God, created for happiness in this life and the next. Mattson's book is for anyone who has ever wondered who he is, why he is here, and, in the face of suffering, where to find joy, happiness, and the peace that surpasses all understanding.

The Father Fr. Mark-Mary Ames, CFR ,2024-02-14 Embark on a transformative 30-day retreat deep into the heart of God the Father. In *The Father: 30 Meditations to Draw You into the Heart of God*, Fr. Mark-Mary Ames, CFR, leads readers through a 30-day journey that unveils the boundless love of God the Father, who has “a plan of sheer goodness” (CCC 1) for each of us. *The Father* presents thirty inspiring stories of exemplary fathers who reflect God’s paternal love, along with: Relevant quotes from Scripture Reflections and prayers And provided space for readers to write down responses to what they have read. Begin this adventure and claim your dignity as a cherished child of God and as “heir of his blessed life” (CCC 1). *The Father* by Fr. Mark-Mary has been a helpful resource for me during my time of prayer. Through the stories, biblical passages and meditations provided in this work, I have perceived the Father’s delight in me as His beloved son. I highly recommend this book! —Fr. Josh Johnson Director of Vocations, Pastor, Author & Podcast Host of Ask Fr. Josh Christians often talk about having 'a personal relationship with Jesus' or being 'guided by the Holy Spirit.' But what about God the Father? Do we find our identity in the Father's love and live from that love day-by-day? Thankfully, Fr. Mark Mary's *The Father* helps us do just that... Through Scripture, the saints and compelling stories of true fatherhood, this book beautifully brings us deeper into the heart of the Father's love. —Edward Sri Author of *When You Pray: Trust, Surrender and the Transformation of Your Soul* and host of the acclaimed podcast *All Things Catholic Powerful*, engaging, and vitally important. Fr. Mark-Mary speaks straight into our hearts with words that help to trust in the goodness and love of God the Father. In a world where so many of us have wounded relationships with earthly fathers and complicated ideas of what it might mean to have a Father in heaven, this book draws us toward the life-giving truth about our dignity and worth in the eyes of a loving

God. -Danielle Bean Host of the Girlfriends podcast Through moving accounts of fatherhood and insightful meditations on Sacred Scripture, Fr. Mark-Mary Ames, CFR, draws us to a deeper understanding of the merciful and loving heart of our Heavenly Father. This guided retreat will be a source of inspiration and an opportunity for the reader to renew their identity as a beloved son or daughter of God.” -Fr. Michael Bruno, STD Dean of Seminarians, Director of Institutional Effectiveness, Professor of Church History St. Joseph’s Seminary, Dunwoodie Whether we tend to take God’s fatherhood for granted or ache to believe in the Father’s love, Fr. Mark-Mary Ames’ The Father will gently shake us awake to the most beautiful reality of our lives: we have always been, and always will be, loved. -Claire Dwyer Author This Present Paradise: A Spiritual Journey with St. Elizabeth of the Trinity, and co-founder, Write These Words

Maturing Your Catholic Faith Antonio Montes Orozco, When we stop being children and enter adult life, we achieve achievements that fill us with satisfaction: a good job, starting a family, economic solvency, a standard of living that gives us material comfort... But life also brings blows that we did not expect. We all have had one or more: the betrayal of a friend, an accident, a serious illness, the loss of a loved one, the loss of a job, financial difficulties, the breakdown of a marriage... When these things happen to us we become vulnerable: - Vulnerable to anxiety and anger, which leads us to attack others, verbally or physically. - Vulnerable to depression and fear, which nullifies our ability to reason and decide. - Vulnerable to the fear of death, which takes away our hope and joy. But it is possible to get out of all that and find a Peace that will never abandon you. It is something that you knew but that you have forgotten: the Catholic Faith in which you were educated. Yes, I know: when you were a child, all that religion was fine. But at some point, you became an adult: there were other priorities and you moved away from the Faith that you were taught. Well, it's about time someone told you about this as an adult: the Catholic Faith is not about blindly believing what you're told. It is something else. It is trusting someone. - Someone you will have a close friendship with. - Someone who will continually prove to you that they are trustworthy. - Someone who will always help you. - Someone who will always give you much more than what you ask for. That Someone is none other than Jesus of Nazareth. No, He is not just a historical figure. He lives and seeks your friendship. Let me propose a way back: “Maturing Your Catholic Faith.” This book is the guide you need to resume that friendship from which you walked away as an adult. The book begins by appealing to your reason and your intellect. You are already an adult, not a child. You need empirical truths and solid reasoning. Therefore, Maturing Your Catholic Faith empirically shows you that Jesus is God; that He was on Earth just over two thousand years ago; that He worked miracles; that He was killed; and that on the third day He rose again, showing Himself to His disciples for forty days. Maturing Your Catholic Faith also shows you the necessary steps to regain your friendship with Jesus. I'll tell you the first: stop doing things, stop receiving interruptions, turn off your cell phone... It's as simple as that: stop and observe for a few minutes. The other steps are also simple and bearable. Jesus Christ does not put unbearable burdens on us. On the contrary, friendship with Him is liberating: - He frees us from fear. - He frees us from

anger. - He frees us from the frustration in which we live. - He frees us from anxiety when faced with problems. - He frees us from the fear of death. You may be wondering who the author of this book is. My name is Antonio Montes Orozco. I am neither a priest nor a bishop, nor a theologian. I am a professional, someone like you. I studied Telecommunications Engineering at the Polytechnic University of Madrid. I make my living as an expert in Agile methodologies, which are used in software development. In 2016 I returned to the Catholic Faith. By writing "Maturing Your Catholic Faith" I wanted to share with other people how to make this journey back. Everything I say in the book is based on my personal experience. On this path I have reached a conclusion that may seem radical to you, but that is born from experience: distancing yourself from Jesus destroys your life. Getting closer to Him frees you and gives you Peace. I invite you to see by yourself with "Maturing Your Catholic Faith."

Summary of Rev. Jacques Philippe's Searching for and Maintaining Peace Everest Media, 2022-07-24T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 To allow the grace of God to act in us and produce good works in us, it is important that we strive to acquire and maintain an interior peace, the peace of our hearts. #2 The more our soul is peaceful and calm, the more God is reflected in it, and the more His image expresses itself in us. #3 The search for interior peace is one of the principal goals of our efforts. It is the peace of the Gospels, which has nothing to do with impassivity, extinction of sensitivity, or cold indifference. It is the necessary corollary of love, a true sensitivity to the sufferings of others, and an authentic compassion. #4 The Christian life is a combat, a war without mercy. It is inevitable that we will fight against evil, temptation, and the sin that is in us. But this combat is positive because it forces us to grow and purify ourselves.

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Interior Freedom Jacques Philippe Introduction

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