



**Welcome!**

**Please grab a snack and take this  
time to check in with the people at  
your table.**

**How was your week/day?**

**How are you doing?**

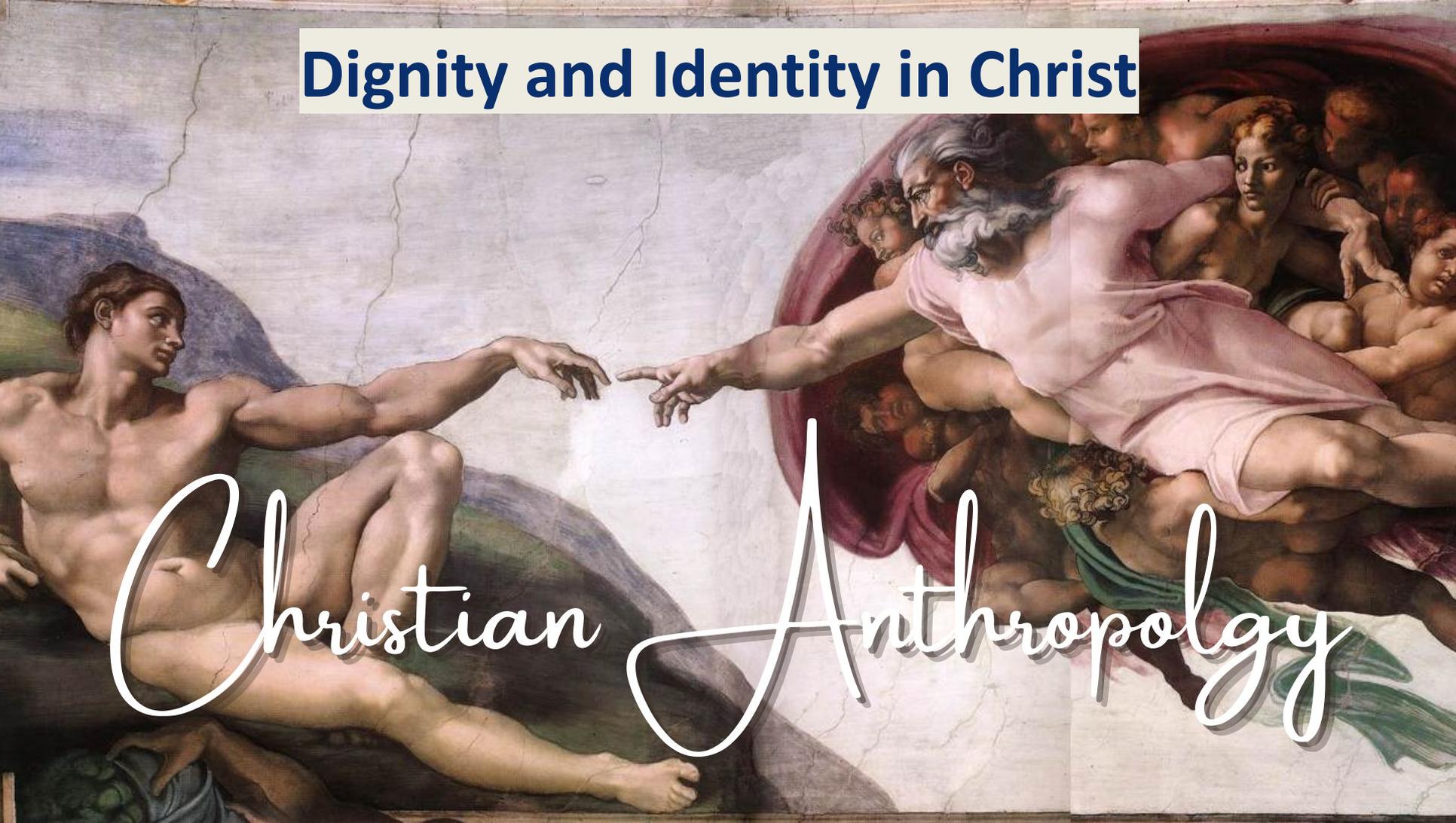
**February 4, 2026**



# ANNOUNCEMENTS

- **1st Reconciliation on Sat. Feb. 7th**
  - **9-11am**
  - **Prepare with your child**
- **SPY2 Pastoral Meetings Sign ups.**
  - **7 families have not yet signed up**
- **Pick up February Magnifikids**
- **Convalidations-Kimberly Disberger**

# Dignity and Identity in Christ



Christian Anthropology



The wedding vow is the only thing that *preserves eros from becoming lust* and it is the only thing that *allows eros to become agape*.

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HUSBANDS, LOVE YOUR WIVES, AS CHRIST LOVED THE CHURCH AND GAVE HIMSELF UP FOR HER.

- EPHESIANS 5:25



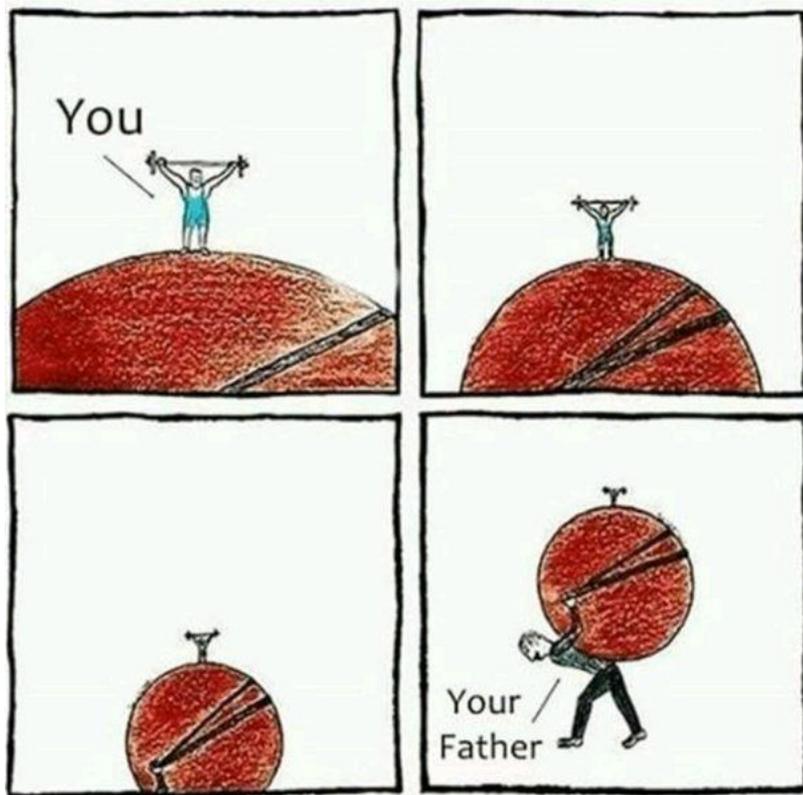
## Let us Pray:

Romans 8:14-18

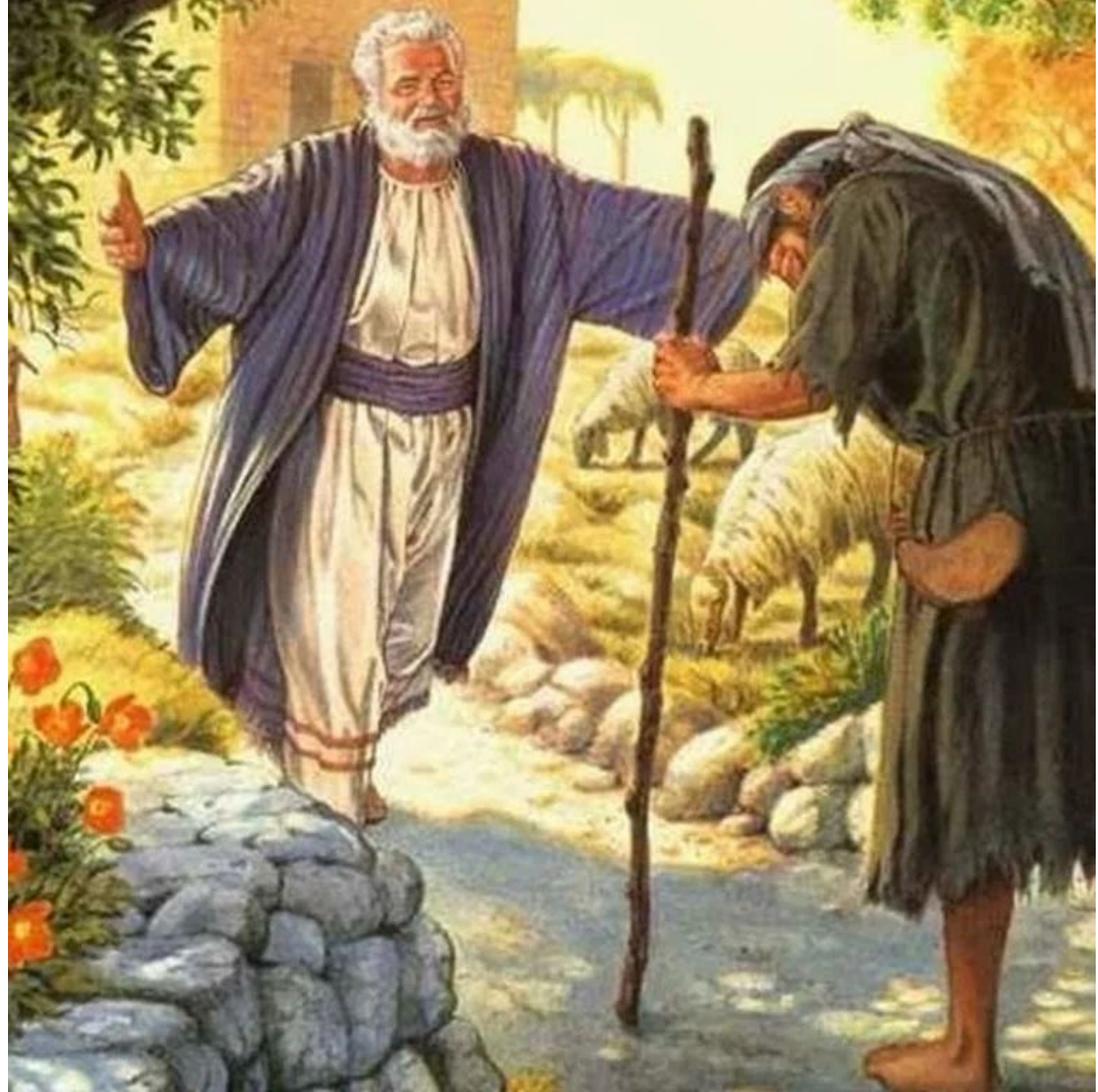
For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, “Abba,\* Father!”

The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.

# Sonship:



**Sonship:**

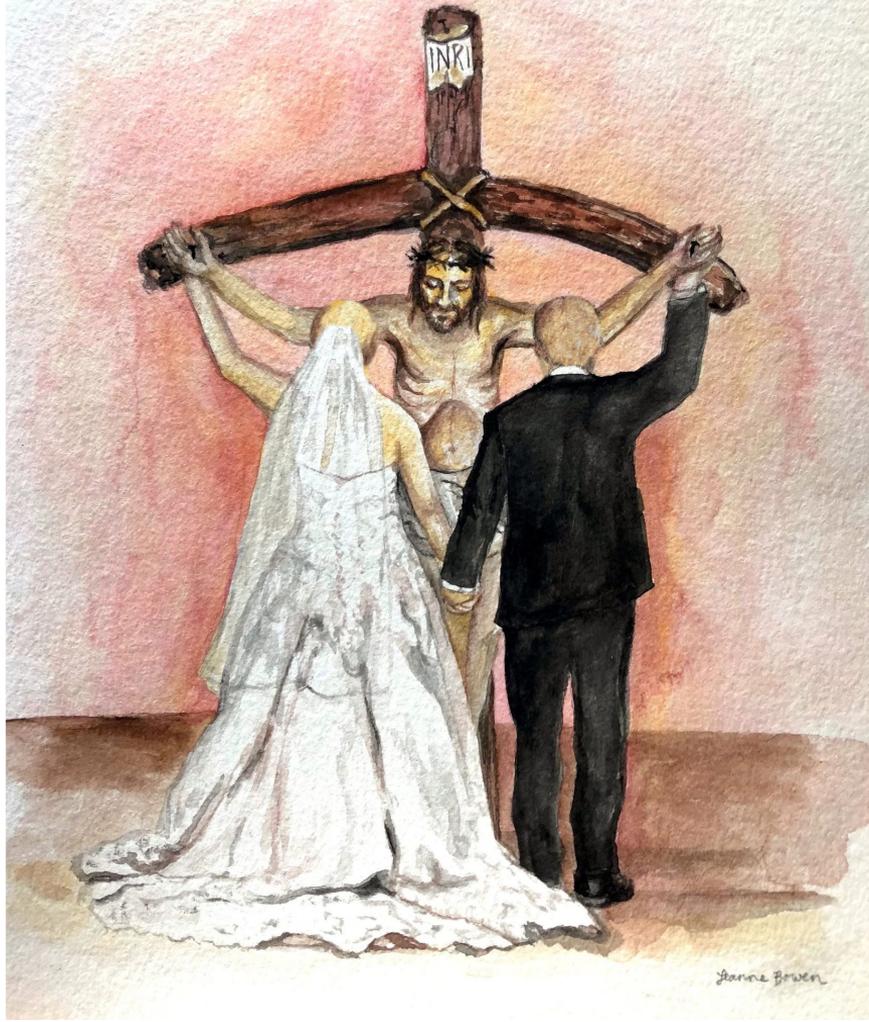


# Husbands:

Ephesians 5:25-30

Husbands, love your wives, even as Christ loved the church and handed himself over for her to sanctify her, cleansing her by the bath of water with the word, that he might present to himself the church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. So [also] husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the church, because we are members of his body.

Husbands:

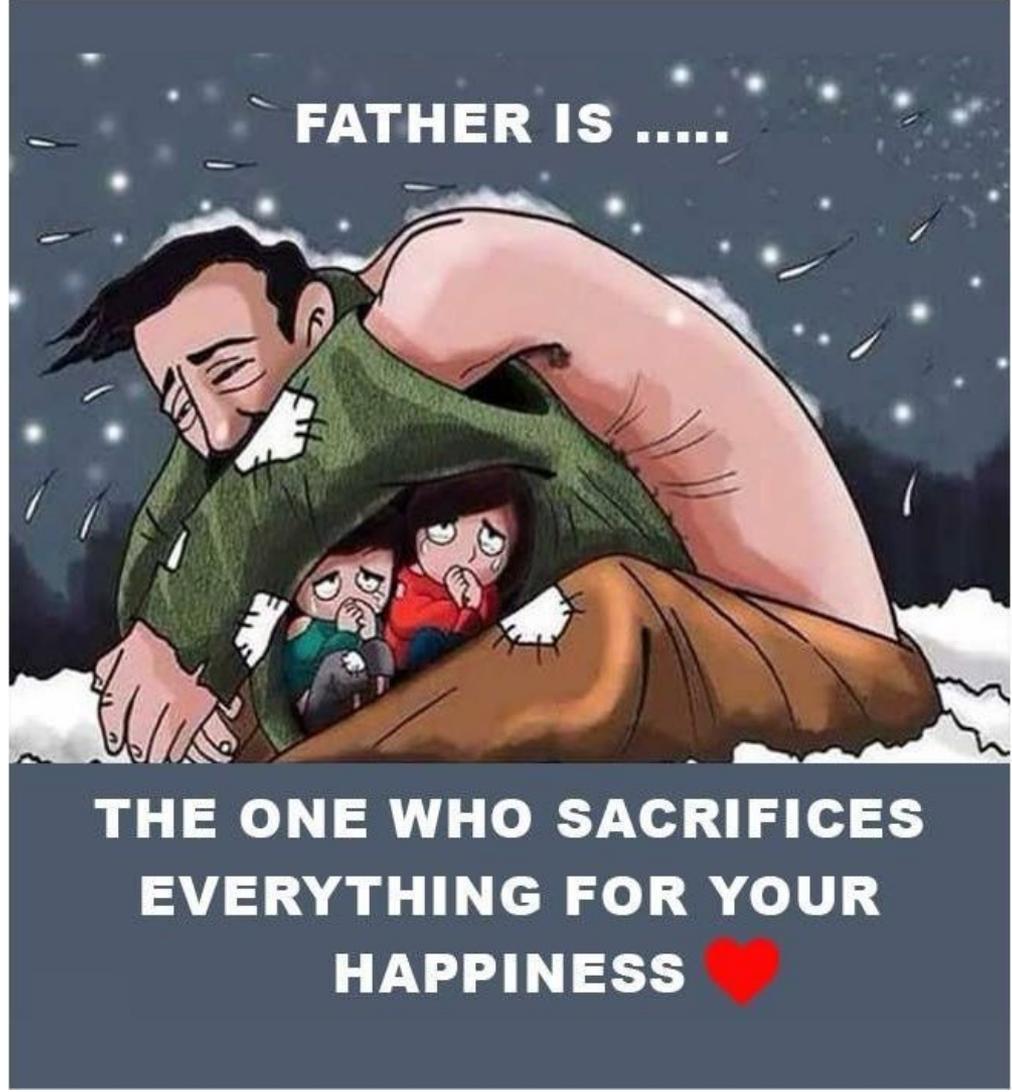


# Fatherhood:

## Sacrifice Leads to Growth

- Fathers sacrifice time, ego, and comfort to guide children toward Christ, modeling virtue.
- This leads to personal and familial flourishing in grace.
- St. Joseph's silent sacrifices protected the Holy Family, leading to Christ's growth; fathers today emulate this for eternal life.

# Fatherhood:



# Fatherhood:



# Fatherhood:

## Selfishness Leads to Death

- “The Wages of Sin is Death” Rom 6:23
- St. Augustine (Confessions): Reflects on youthful selfishness as a path to inner death, urging fathers to avoid modeling vice.
- Deadly sins: pride, greed, wrath, envy, lust, gluttony, and sloth
- Lucifer: Sterile, Alone, “Turned in” on His Own Desires

## Selfishness Leads to Death

- The moral rules aren't just a list of things you shouldn't do
- Everything short of a free, total, faithful, fruitful gift of love is a COUNTERFEIT. You've been lied to!
- It's a high ideal, a tall order, and can only be accomplished through God's grace

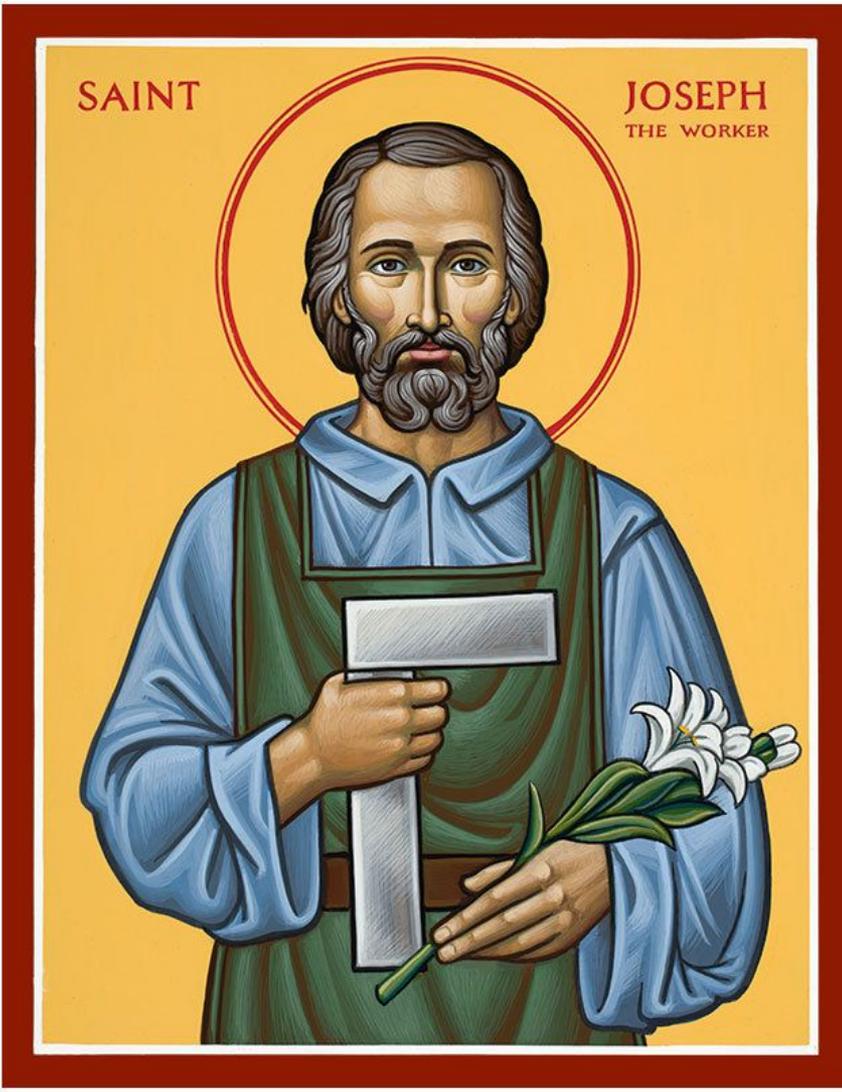


## Brotherhood/ Friendship:

# We NEED Each Other!

- Tension between Sacrifice vs. Selfishness; Path to Life or Path to Death
- “As Iron Sharpens Iron...”  
Proverbs 27

# St. Joseph- Our Exemplar:



# Attributes of St. Joseph



- Young, Strong, Upright man, A just man filled with all the virtues
- He was a model of faith, love, self-denial, tenderness, and respect
- His life exemplified authentic leadership through hardship
- He was a family man, a worker, and a master of the interior life, teaching us to know and share our lives with Jesus and to realize we are part of God's family



## Discussion Questions

# Joys and Sorrows of St. Joseph

- How is the sorrow in St. Joseph's life resolved/fixed to bring about this experience of joy? What grace did God give to Joseph in this example?
- What virtue(s) did Saint Joseph need in this sorrowful story? Joyful story? In what ways would you personally like to grow in these same virtues?
- How can you relate to this example of sorrow/joy in your own life?

# Closing

- “Husbands, love your wives, even as Christ loved the church and handed himself over for her to sanctify her”
- "Man finds himself only by making a sincere gift of self" ~JPII, TOP Audience 13
- Sacrifice Isn't a Burden, but a Path to Heaven



# RESOURCES

- Book: [Consecration to St. Joseph: The Wonders of Our Spiritual Father](#) By Fr. Donald Calloway
- Book: [Sincerely Stoneheart: Unmask the Enemies Lies, Find the Truth that Sets You Free](#) by Emily Wilson Hussem
- [Blessed Is She Home Study on the Ten Virtues of Mary](#)
- [Being Exposed to Mary's Virtues Will Change Your Life | Blessed is She](#)
- Handout: [10 Principal Virtues of Mary](#)
- Handout: [7 Sorrows and Joys of St. Joseph](#)
- [Theology Of The Body For Beginners - Christopher West](#)
- [Theology of the Body Crash Course w/ Fr. Mike Schmitz — Session One: From the Beginning](#)
- [Theology of the Body - Chapter 1 - Eros and Agape](#)
- [Theology of the Body - Chapter 2 - The Body and Relationships](#)
- [Theology of the Body - Chapter 3 - Sexual Authenticity](#)
- [Theology of the Body - Chapter 4 - Celibacy and the Resurrection of the Body](#)



## MEMORARE

**R**EMEMBER, O MOST gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired by this confidence, we fly unto thee O Virgin of virgins, our Mother. To thee do we come. Before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer us.

AMEN.