

SAINT FRANCIS OF ASSISI

**“I** am Saint Francis of Assisi. Ask yourself: When was the last time that you said to yourself, ‘I have just committed a sin’? Did you ask yourself another question: ‘Why did I commit this sin?’

**A sin is an offense against one or more of the Commandments of God. Sometimes a sin can cover more than one Commandment, sometimes up to three or four.** Mankind has lost sight of what determines a sin. Oftentimes an immediate excuse is made because an individual is compelled to do something violent, disgraceful to the human body, or abuse to someone else, covering many sins and, of course, many offenses against the Commandments of God.

**W**e hear some men, women and children ask others, ‘How can I sin? The way I live, I do not consider in any way am I offending God’; yet this very same individual takes no time to Keep Holy The Sabbath Day, or Respect or Honor his or her parents, or superiors, oftentimes killing the spirit of another individual. Needless to say, the word adultery is cast off as belonging to others, and to them they have excuses for every one of these offenses, due to the way they live, or the people they are involved with.

**W**e hear many say, ‘I’ve never killed anyone,’ obviously using the word ‘kill’ as to take one’s life intentionally. There are many professions that mankind is involved in that use some form of killing. One could be called the reputation of an individual. One should ask himself or herself: ‘How do I show respect for other people? Do I speak kindly when I should say nothing at all, or do I openly cause slander, gossip, creating an aura of critical mystique so that others do not see the goodness in an individual?’

**A**n Examination of Conscience rarely is complete, because most of it is based on an individual’s interpretation, personal opinion, of what could

be vile to another person's reputation, or a deep sadness to their own Soul, because of the impurities that the Soul must absorb because of whom It is in.

**T**oday as I speak, I speak with a deep, sincere concern that there is no sound value to what mankind is using in every day's activities, in his or her association with others. ***How many men, women and children awoken in the morning, and immediately make The Sign Of The Cross, with a silent prayer that The Father will give them the strength to use that day not just productively but spiritually: moral, loving, giving, and serving in many ways?***

**I** could speak hours on this subject, because mankind is in great need of becoming aware of what an opportunity a day makes in the life of every human being, ***and that is to seek Sainthood through one's thoughts, actions, intentions, abilities, concerns, based on love for God in all things.*** So be it."