

The Three Pillars, Sacramentals, and Holy Images

By Richard Joseph Michael Ibranyi

These instructions are mandatory for Catholics (catechumens and the faithful) to believe or do unless otherwise stated.

The Three Pillars: Prayer, Penance, and study the Catholic faith

I compare prayer and the grace earned by it to gas in a car; studying the faith to instructions on how to drive a car; and penance to the maintenance of a car. The car is your body and soul, and the goal is to be in the way of salvation. You can have a car that works but unless you have gas in the tank, it will not go; and unless you are instructed on how to drive it, it will not go; and unless you maintain it, it will break down.

Prayer

“Pray, lest ye enter into temptation.” (Lk. 22:40) “Let nothing hinder thee from praying.” (Eccus. 18:22) “Be instant in prayer; watching in it with thanksgiving:” (Col. 4:2)

The minimum regarding prayer is the Morning Prayers and Night Prayers in *The Catholic Prayer Book* on pages 5-6. And pray one Rosary (5 decades) and one Angelic Chaplet a week. On Maundy Day, pray the Holy Hour any time between 12 midnight and 6am. On Good Sixth Weekday, pray the Stations of the Cross and the Seven Penitential Psalms. And read the *Roman Martyrology* for the current day from the RJMI revised *Roman Martyrology* accessed on the Pastoral Menu.

Attend Mass on the Lord’s Day and other days of obligation if possible. If a Catholic Mass is not available, pray the Mass prayers instead: the Introit, Collect, Lesson, Epistle, the prayers after the Epistle and before the Gospel, the Gospel, Creed, Offertory, Secret, Communion, and Postcommunion.

Do not expect to be lifted up to the third heaven every time you pray. Pray as a duty, as a military duty, even when you feel no inspiration or are distracted. Most times you pray, you will not be lifted up and many times you will be distracted, but pray anyway and you will see the great results. God will come to you and inspire you in his good time, when and where he sees fit. Most times God will inspire you when you are reading the scriptures or studying the faith. But he will even inspire you when you are recreating or doing every day activities.

Penance

“But I chastise my body, and bring it into subjection: lest perhaps, when I have preached to others, I myself should become a castaway.” (1 Cor. 9:27) “Mortify therefore your members which are upon the earth.” (Col. 3:5)

There is a time to do penance and time not to do penance. Hence when you are not doing penance, you must enjoy things with as much comfort as possible. Catholics are neither stoics nor epicureans.

“Make straight the path for thy feet, and all thy ways shall be established. Decline not to the right hand, nor to the left: turn away thy foot from evil.” (Prv. 4:26-27)

The minimum regarding penance is as follows:

1. You must abstain from meat on the 6th weekday unless it is a Holy Day of Obligation.
2. Follow the fasting schedule for Lent and Advent as listed on Mary’s Little Remnant Catholic Calendar and the fast on the Vigil of Pentecost. But you do not have to do the three day liquid fast during Lent.
3. You must give up something that you like during the Lenten season on the fasting days.
4. You must do the penances imposed on you by a priest in the confessional.

(Read my book *The Hellenization of Christianity by the Anti-Church Fathers and Scholastics: The Stoic and Epicurean Philosophies*. And read RJMI book *On Penance Is Necessary for Salvation*.)

Study the Catholic faith

“He that refuseth to learn shall fall into evils.” (Prv. 17:16) “Take heed to thyself and to doctrine; be earnest in them. For in doing this thou shalt both save thyself and them that hear thee.” (1 Tim. 4:16)

Follow the Bible reading schedule at least two days a week. (Read *MLR Daily Bible Reading Schedule*.)

And study the Catholic faith at least two days a week by spending at least 30 minutes studying the Catholic faith either by reading, listening, or watching works of the Catholic faith that are on my website.

Study and prepare to take the *Profession of Faith for the Days of the Great Apostasy* when it becomes available, and read my book *On How to be a Good Catholic*.

Wear sacramentals

“For he that shall be ashamed of me, and of my words, in this adulterous and sinful generation: the Son of man also will be ashamed of him, when he shall come in the glory of his Father with the holy angels.” (Mk. 8:38)

Wear on your person one or more sacramentals, such as the St. Benedict crucifix, the Sacred Heart Badge, the St. Philomena Cord, or the Miraculous Medal.

All but the St. Philomena Cord must be worn outside of the clothing and thus be visible to the public unless they are forbidden by an employer or other person in authority or if they will get in the way of work when doing heavy labor. If you wear a suit and tie for your job, you can wear a Catholic religious pin on your lapel if your employer allows it; and you can wear the rest of the sacramentals under your clothing. You must not wear the sacramentals when bathing. The only one you are required to wear when sleeping is the St. Philomena Cord.

Have an altar and holy images in your home

If possible, set aside a place in your home for an altar to pray before. And if possible, it must have a crucifix; images of the Holy Trinity, the Holy Face of Jesus from the Shroud of Turin, the Blessed Virgin Mary, St. Joseph, and St. Michael; and relics if possible. You can also have other holy items according to your devotions.

Your home must also contain a sufficient amount of holy items so that whoever visits you will know that you are Catholic and that you put your faith above all else. The only time you do not have to display holy items in your home is when the State forbids it. In this case, you can hide them and only bring them out when it is safe.

Counsel

I counsel you to try to follow the Rule of Mary's Little Remnant as much as possible.

I counsel you to pray the Lord's Day Vespers.

I counsel you to pray the daily Mass prayers for Lent.

It would be good to follow the schedule on our calendar as much as possible.

I highly recommend the monthly Holy Hour and the Long Exorcism Prayer.

For the glory of God; in honor of the Blessed Virgin Mary, St. Michael, St. Joseph, Ss. Joachim and Anne, St. John the Baptist, the other angels and saints; and for the salvation of men

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