Ex Libris

Holy Trinity presents "Ex Libris": a noble feature of our parish bulletin. Once per month, we offer a book recommendation to enrich your spiritual reading. Look for spiritual classics and modern selections, too. Will you form a reading group to enjoy our recommendation?

## Our August 2025 Recommendation: *Overcoming Sinful Thoughts* by Rev. T.G. Morrow

In a world that spins faster by the day and drowns us in distractions, Rev. Thomas G. Morrow's *Overcoming Sinful Thoughts* is a spiritual lifeline. Not a pious guilt-trip or moralizing monologue, but a straight-talking, soul-piercing handbook for Catholics who know the battlefield is in the mind. This isn't about scrubbing the outside of the cup. It's about cleaning house within.

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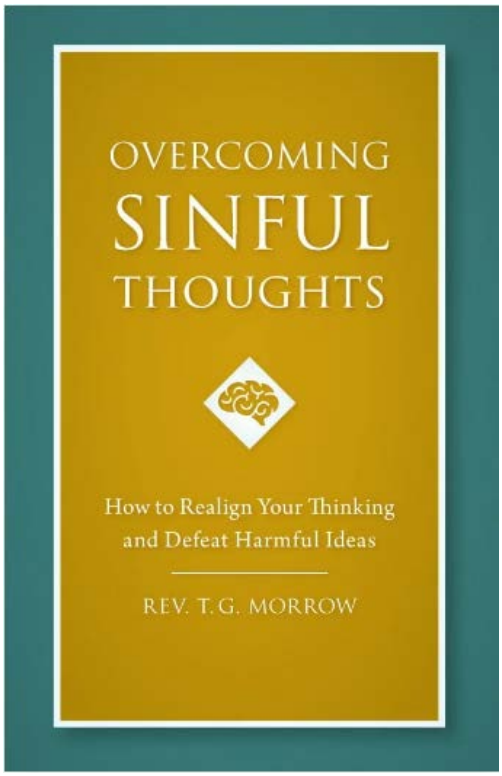
Here are ten takeaways that don't just summarize the book, they challenge us to live it.




1. **Sin begins in the mind.** Thoughts aren't neutral territory. A lustful gaze, a simmering resentment, a prideful comparison aren't harmless inner monologues; they're kindling. The Catechism reminds us that the "struggle against carnal lust involves purifying the heart and practicing temperance" **[CCC 2520]**. If we want to fight sin, we must fight early—before it takes root.
2. **Excuses are spiritual dead weight.** "That's just who I am." "I can't help myself." Father Morrow exposes these as lies masquerading as humility. Yes, we're weak but also free **[CCC 1731-1738**]. Free to choose the good. Free to ask for help. Free to change.
3. **Loneliness isn't a permission slip for sin.** The temptation to grasp at sinful comfort is real when we're hurting. But Christ doesn't promise anesthesia—He promises redemption. **[CCC 2846-2849]** calls us to conversion "even when it is difficult," precisely when it is difficult.
4. **Hell is real, and people choose it.** That may sound like a hammer blow, but Father Morrow doesn't sugarcoat eternal stakes. Jesus didn't either. "The chief punishment of hell is eternal separation from God" **[CCC 1035]**. That separation begins now if we persist in sin. But so does the healing.
5. **Loving enemies isn't optional.** It's not about warm fuzzies. Love means willing their good, even when their actions are evil. **[CCC 1825]** points to the Cross as the gold standard: "Love to the end" means love of even our persecutors.
6. **Confession isn't a walk of shame—it's a walk into freedom.** The book demolishes the myth that you must be perfect to appear in the confessional. Jesus instituted the Sacrament precisely because we're not **[CCC 1465]**. The priest, acting in persona Christi, offers mercy, not judgment.
7. **Purgatory isn't the goal.** It's not a spiritual waiting room we should aim for. Holiness is the target. **[CCC 2013]** says we are all called "to the fullness of Christian life and the perfection of charity." Settling for mediocrity is spiritual sloth dressed up as realism.
8. **Prayer isn't dessert—it's daily bread.** A few hasty prayers and Sunday Mass don't cut it if we want to be saints. **[CCC 2744-2745]** hits hard: "Those who pray are certainly saved; those who do not pray are certainly damned." Morrow invites us to stop treating God like a backup plan.
9. **Holiness isn't for the elite.** Saints weren't spiritual prodigies. They were people who refused to stop trying. The Catechism insists the call to holiness is universal **[CCC 2014-2015]**. Father Morrow gives us portraits of real sinners who became great lovers of God.
10. **Heaven is anything but boring.** Think heaven is an eternal harp recital? Think again. It's union with Beauty itself. The Catechism calls it "the ultimate end and fulfillment of the deepest human longings" **[CCC 1023-1029]**. That ache for more? It only finds its rest in God.

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**Why should we read *Overcoming Sinful Thoughts?*** Modern life is perfectly engineered to weaponize our thoughts against our souls. Social media glorifies pride. News cycles sow despair. Advertisements stoke entitlement. Entertainment normalizes sin. And most people—even good Catholics—are being carried away without realizing it. Rev. Morrow's book is a clarion call to *wake up*, reclaim your mind, and fight back with Christ's weapons: humility, gratitude, prayer, forgiveness, Confession, perseverance, and trust. It's not a "self-help" book. It's a soul-help book. It's not about feeling better. It's about being better — becoming holy in a world trying to make you worldly. If you want your parish to be made up of men and women who aren't tossed about by every lie, fear, gossip, or temptation... As Rev. Morrow clarifies, "The saint isn't the one who never fell. The saint is the one who never stayed down."