

# SCIENCE *of* SAINTHOOD

*with Matthew Leonard*

Everything you should have learned about  
Catholic spirituality, but never did...*until now!*

*"Seriously! Why weren't we taught this before?"*

*"I've never encountered anything like this before!"*

*"This is going to save a lot of people!"*

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## Course Syllabus

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[www.ScienceOfSainthood.com](http://www.ScienceOfSainthood.com)

**Science of Sainthood™ Course Syllabus**

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## About the Lessons

What follows is a listing of all the lessons currently included in the **Science of Sainthood** program. More lessons are being added all the time, so by the time you register, there will likely be more than what is listed below. Each lesson consists of the following:



- **Lesson Video** – These are roughly 10 minutes long (some shorter, some longer) and contain the core teaching of the lesson. Both English and Spanish captions are available on most videos.
- **Lesson Summary** – A short textual description of what the lesson is about.
- **What the Saints Say** – A textual exhortation of what the saints have to say on the topic of the lesson.
- **Lectio Divina** – A textual scriptural reading relevant to the lesson topic intended to promote communion with God through Sacred Scripture..
- **Meditation** – A brief meditation intended to deepen the penetration of the lesson into the student's heart and mind, and promote spiritual transformation.
- **Downloads** – Each lesson comes with the following downloadable materials:
  - **MP3 Audio File** of the audio track from the Lesson Video
  - **PDF Transcript** of the Lesson Video
  - **Other downloads** as appropriate and relevant to the lesson

Please see the following page for a visual representation of a sample lesson.

## Layout of a Sample Lesson



**Beginnings** 2 Lessons

- ▶  **What is the Mystical Life?** ✓
- ▶  **The Importance of Station in Life** ✓


[Next Category](#)

## What is the Mystical Life?

**Beginnings**

It's important to define the mystical life up front. Not all of us are called to be mystics, but we're all called to the mystical life.

### WHAT THE SAINTS SAY:



"However quietly we speak, He is so near that He will hear us: we need no wings to go in search of Him but have only to find a place where we can be alone and look upon Him present within us."

St. Teresa of Avila

### LECTIO DIVINA

"I came to cast fire upon the earth; and would that it were already kindled!"

Luke 12:49

### MEDITATION

It's common for people to read this verse and associate it solely with anger, judgment, and destruction. And certainly there are instances in Scripture where this is the case.

Sodom and Gomorrah were destroyed by fire in Genesis 19. The sons of Aaron were devoured by fire when they offered unholy sacrifice in Leviticus 10.

Christ even describes fire as the means by which the city which rejected the king's wedding feast was destroyed.

So there's certainly a negative connotation with fire. But Christ is talking about something different.

He's talking about setting the *world* on fire with the Holy Spirit.



"This fire is that of the Holy Ghost which animate, inflame us, purify us, renew and perfect us, transforming us even to the point of deifying us," says the great Spanish Dominican Fr. John Arintero.<sup>1</sup>

As John the Baptist declared, "I baptize you with water; but he who is mightier than I is coming, the thong of whose sandals I am not worthy to untie; he will baptize you with the Holy Spirit and with fire" (Jn 3:15).


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#### Downloads

-  [WHAT IS THE MYSTICAL LIFE? AUDIO MP3](#)
-  [WHAT IS THE MYSTICAL LIFE? TRANSCRIPT](#)

#### Instructor



**Matthew Leonard**  
 Founder of Next Level Catholic Academy

Matthew Leonard has one burning desire...to inspire Catholics to dive deeply into the spiritual life. The Founder of Next Level Catholic Academy, Matthew is an internationally-renowned Catholic evangelist who delivers dynamic talks around the world. As a professional filmmaker, his work has been viewed by hundreds of thousands of people and translated into a dozen different languages. A frequent guest on radio and television, Matthew's podcast, *The Art of Catholic*, is heard in more than 170 countries. A convert to Catholicism in 1998, he holds a Masters in Theology from Franciscan University of Steubenville. Matthew and his wife, Veronica, have six children.

## I. Course Introduction



## Welcome to the Science of Sainthood

GETTING STARTED Watch this quick video before beginning your dive into the Science of Sainthood....



## Site Tour Video

We created a short Site Tour Video to show you how best to navigate this Membership site and find...



## Quick Start Guide to Catholic Meditation

This is exactly what the title says...a quick guide to help you pray your way through the Science...

## II. Beginnings



## What is the Mystical Life?

It's important to define the mystical life up front. Not all of us are called to be mystics, but ...



## The Importance of Station in Life

While the pursuit of perfection is just as valid for us as it is for the guy in the cave ...

## III. Deification - The Goal of Everything



## How Deification Happens

In Matthew 5:48, Christ sets a seemingly impossible goal for his followers: "Be perfect, even as ...



## The Desire for Divinity

Even though Adam and Eve were created in the "image" and "likeness" of Almighty God, they were ...



## The Power of Love to Divinize

St. Augustine wrote some beautiful meditations on the vital role of love in the spiritual life ...

## IV. The Beautiful Life of Grace



## The Beauty of Grace

In this section of the Science of Sainthood, we're going to dive into the topic of grace ...



## Why Do We Struggle? Unpacking the "Absolute Supernatural"

If we're going to understand what grace is and does, and what deification is all about ...





## Why Do We Struggle? Understanding the "Relative Supernatural"

Most of us have little idea of the real meaning and power of the sacraments. We don't...



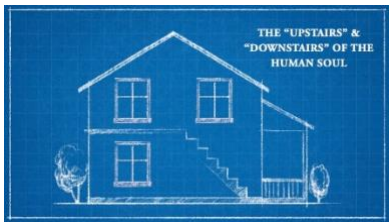
## Sanctifying Grace & Our Formal Participation in God

Now we're going to move into a discussion of what the 3 "relative" supernatural ...



## The "Accident" of Sanctifying Grace

While we participate in a totally real way in the divinity of Our Lord, that participation is what...



## Understanding the Two Regions of the Human Soul

Really understanding the human soul before we move further into the Science of Sainthood is huge ...



## The Fall from Grace

Why did Jesus have to come and do what he did? Why did he become like us and institute a sacrament ...



## Introduction to Actual Grace & Free Will

God not only offers us salvation through his grace, he even gives grace to help us receive grace....



## Operating Grace vs Cooperating Grace

While the major distinctions in the life of grace are between sanctifying and actual grace, you ...

## V. Our Lady in the Life of Grace



### Theotokos and the Life of Grace

Though there's no denying the centrality of the sacraments in the spiritual life, we can...



### Two Reasons for Mary's Role as Mediatrix

We said previously that because of her role as the Mother of God, Mary is the Mediatrix of all ...



### Our Role in Redemption with Mary

Does Christ actually need us to participate in the redemption of the world? Of course not. Does ...

## VI. The Three Stages of the Spiritual Life



### The Three Stages in Scripture and Tradition

While they weren't called the "Three Stages of the Spiritual Life" until later in history, we can ...

## VII. The Purgative Way



### Three Characteristics of Beginners

While the Three Stages are universal, our individual movement through them is not going to look ...



### The Spiritual Awakening

The hardest part about waking up is just that - waking up. It takes a little while to get going ...



### The Interior Castle For Beginners

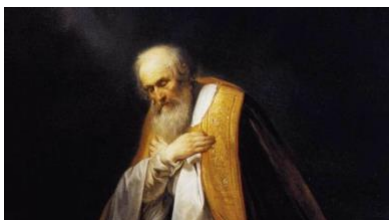
One of the greatest spiritual writers in the history of the Catholic faith is St. Teresa of Avila ...

## VIII. Prayer



### Forms of Prayer

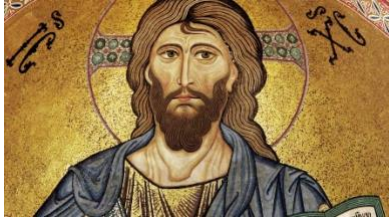
As the first kind of prayer most of us experience, vocal prayer is foundational to spiritual grow ...



### Beginning to Really Pray (Part 1)

Now we're ready to move into the ins-and-outs of deep prayer. It is vitally important that as you ...





## **Beginning to Really Pray (Part 2)**

We've already spoken about the forms of prayer and why they're important. Now we're going ...



## **Vocal Prayer Overview**

While there are three different modes, or states, of prayer, the most common is vocal prayer. And ...



## **The Personal Conversation with God**

Prayer isn't simply a mode of communication between creature and Creator. It's way more. It's ...



## **Meditation & Contemplation Overview**

Now that we've laid some foundation for prayer in general, we're going to discuss the two of the ...



## **3 Keys to Effective Prayer (Part 1)**

In order to be successful in the art of meditative prayer, there are essentially three keys ...



## **A Further Look at Spiritual Consolations**

We've been discussing all the ins-and-outs of prayer. And while we've briefly mention ...



## The Critical Role of Silence

One of the essential elements of the life of recollection and prayer is silence. It plays a massive ...

## IX. Sin



## An Overview of Sin

Just like you can't really love someone you don't know, you can't really hate evil unless you ...



## Mortal Sin

Mortal sin is death. It destroys you. It's catastrophic. It's so bad, that it's literally in a ...



## Deliberate Venial Sin

There's no such thing as a "small" sin. It's all a massive offense against God. And while it may ...



## Faults of Surprise

While the biggest categories of sin are mortal and venial, there's a subcategory of venial sin ...

## X. The Seven Deadly Sins



### Overview of the Seven Deadly Sins

Now that we've laid out the basics of sin, we're going to move into the specifics of the major ...



### Pride Part One - Stealing God's Glory

As is normally the case in the Science of Sainthood, we're not going to stay at the surface level ...



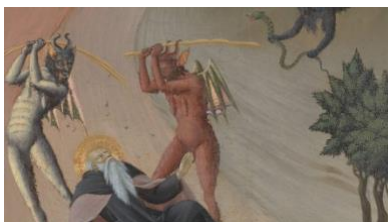
### Pride Part Two - Remedies

In our last video, we laid out the serious nature of the deadly vice of pride. In many ways, pride ...



### The Evil of Envy

The seriousness of envy is demonstrated by the very fact that this vice opened the door to death ...



### The Evil of Envy Part Two - Remedies

In our last lesson, we began our discussion of one of the most evil and dangerous of the Seven Deadly ...



## **The Serious Sin of Sloth - Part One**

You might be tempted to skip this lesson. You might think this is one deadly sin that doesn't ...



## **The Serious Sin of Sloth Part Two - Remedies**

In our last video, we began our discussion of Sloth. And we gave examples of the two different kinds ...



## **Understanding Anger...and Crushing It!**

As we continue to work our way through the Seven Deadly Sins, we come to anger...which means ...

# **XI. Seven Deadly Sins (Continued)**



## **The Goliath of Greed - Part One**

In our discussion of the Seven Deadly sins, we now come to Greed. And I can already feel the tens ...



## **The Goliath of Greed Part Two - Remedies**

In our last lesson, we began our discussion of the deadly sin of Greed. It's easily one of ...





## The Gravity of Gluttony - Part One

I'm not going to lie. This is a hard one. Not that any of the Seven Deadly sins are easy ...



## The Gravity of Gluttony Part Two - Remedies

Our last lesson was perhaps one of the most difficult in the entire study. The saints understand ...



## The Lecherous Vice of Lust - Part One

We've come to the last of the 7 Deadly Sins...and it's a doozy. In fact, it's the very first of ...



## The Lecherous Vice of Lust Part Two - Remedies

While we discussed some of the more general ways in which to avoid the deadly sin of lust, it's ...

## XII. The Night of Sense (The Passive Purification of the Senses)

The Night of Sense (aka The Passive Purification of the Senses)



## The Night of Sense Part One

So we've come to a kind of transition point in the spiritual life. It's the point where we ...



## **The Night of Sense Part Two - Peter's Purification**

So much of what is happening in the Night of Sense is a cleansing of our heart. It's God ...



## **Night of Sense Part Three - Weaning the Spiritual Child**

In our last session, we saw how St. Peter passed through his own Night of Sense when he denied our...



## **Night of Sense Part Four - Defects Cleansed in the Night**

The Night of Sense is not some random purification. There are particular issues that need to be ...



## **Night of Sense Part Five - 3 Tests**

Sometimes it's difficult to know whether or not you're actually experiencing a certain ...



## **Night of Sense Part Six - 4 Rules of Conduct**

We normally like to say that after every night comes the dawn. But in the spiritual life, there ...

### XIII. The Illuminative Way



#### **The Illuminative Way - Overview**

So we come to the second stage of the spiritual life - the Illuminative Way. In all of our previous ...



#### **The Illuminative Way Overview - Part Two**

In this lesson, we'll continue our introduction to the Illuminative Way. And if you recall ...

### XIV. Overview of the Virtues



#### **Overview of the Virtues**

As St. Gregory of Nyssa says, "The goal of a virtuous life is to become like God," ...



#### **Virtue & the Greatest Commandment**

In Matthew 22:36-37, the Pharisees ask "Teacher, which is the great commandment in the law? ...



#### **Infused vs Acquired Virtue**

While they share many of the same names, there are major differences between the "infused ...



## How Infused and Acquired Virtues Work Together

In our previous lesson, we discussed the differences between the acquired and infused moral virtues ...

### XV. The Moral Virtues



## The Preeminence of Prudence

Now it's time to move into the virtues themselves. And since it's natural to move from ...



## How to Make Prudent Decisions

As we discussed in our last lesson, prudence is the habit of governing ourselves and making wise ...



## Perfect Justice

Justice is the cardinal virtue that essentially holds together the very fabric of society. And ...



## Justice and the Radiance of Religion

In our last lesson we began our discussion of the virtue of Justice. But there's a very ...





## **Trust and Obey**

It's now time to discuss something that causes a great deal of confusion (and sometimes ...



## **Fear & Fortitude**

In our last few videos, we examined the virtue of justice, as well as the two virtues related to ...



## **The Selfless Truth of Temperance**

In our final lesson on the cardinal moral virtues, we come to temperance. And while many mistake ...



## **The Heart of Humility**

While it's not one of the four cardinal moral virtues, there can be no growth in the spirit ...



## **The Healing Power of Humility**

In our last lesson we began our discussion of the virtue of humility. And we saw that humility is ...



## **Cheerfulness and Simplicity**

When discussing the virtue of cheerfulness, St. Thomas Aquinas uses the word "affability ...

## XVI. The Theological Virtues



### The Dark Knowing of Faith

It's time to begin our plunge into the theological virtues of faith, hope, and charity ...



### How Faith Works

In our first discussion on the infused, theological virtue of faith, we talked about how it...



### The Transformative Power of Hope

In our previous lessons we unpacked the first of the theological virtues – faith. And while ...



### Prayer - The School of Great Hope

While we've seen that the theological virtues of faith, hope, and love are connected, they ...



### Charity - The Goal of Everything

Love is goal of everything. It's the underlying basis of every single thing in the spiritual ...



## **The Will to Love**

Because we can get so wrapped up in the notion of "dying to self," we sometimes lose sight of the ...



## **The True Test - Loving Our Enemies**

As we wrap up our discussion of the theological virtues, we're going to continue to zone in ...

# **XVII. The Dark Night of the Soul**



## **Preparing for the Dark Night**

We now move into a discussion of the transition stage called the Dark Night of the Soul. And while ...



## **Defects in the Dark Night**

In our last lesson we began our discussion of the Dark Night of the Soul. And we saw that it ...



## **The Sweet Darkness of Love**

Yes, the Dark Night of the Soul is fraught with difficulty. But never forget that the soul that ...



## **Finding God in the Luminous Darkness...with Moses**

While it's normal to feel uneasy about the Dark Night of the Soul, we need to get to a place ...



## **Tearing the Temple Veil**

In our final session on the Dark Night of the Soul, we'll examine an extremely fascinating ...

## **The Unitive Way**



## **Moving with the Spirit into the Unitive Way**

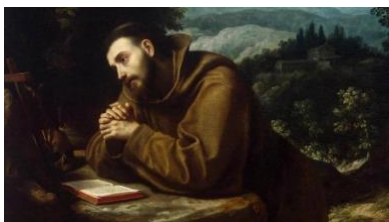
Having passed through the Dark Night of the Soul, the intense thirst for God that was left ...



## **St. Mary Magdalene & the Dawn of the Unitive Way**

While most know her for having been demon-possessed and healed by the Lord, St. Mary Magdalene is ...

## **Deeper Prayer**



## **Contemplation - Speaking the Language of Love**

It's impossible to speak about the final stage of the spiritual life without a deeper discussion ...





## Contemplative Prayer vs Contemplative Life

The movement into contemplation doesn't happen overnight. It's a gradual process that ...

## The Nine Grades of Prayer Part One - Grades 1-5



### The Nine Grades of Prayer

While all prayer essentially fits under the headings of vocal, meditative, and contemplative pray ...



### General Meditation in the Nine Grades of Prayer

While we saw that vocal prayer is something we never leave behind even as we ascend the divine ...



### Affective Prayer: Third of the Nine Grades of Prayer

It's time to move on to the third of the Nine Grades of Prayer – affective prayer ...



### The Prayer of Simplicity: Fourth of the Nine Grades of Prayer

As 1 John 4:8 declares, "God is love." And we were created to be unified with him, in ...



## **Infused Contemplation Part One: Fifth of the Nine Grades of Prayer**

Having discussed both vocal and meditative prayer, we now move into the third main mode of prayer ...



## **Infused Contemplation Part Two: Mystical Movement & the Night of Sense**

When going through the Nine Grades of Prayer, we have to keep in mind that they fit into our over ...



## **Infused Contemplation Part Three: Up & Down the Mountain of God**

In our final foray into the fifth grade of St. Teresa's Nine Grades of Prayer, we'll ...

## **The Nine Grades of Prayer Part Two - Grades 6-9**



## **Prayer of Quiet Part 1: Captivating the Will & Active Contemplation**

In the sixth of the Nine Grades of Prayer - the Prayer of Quiet - we begin to see the contours of ...



## **Prayer of Quiet Part 2: Holy Heavenly Madness & the Inebriation of Love**

In finishing our discussion of the sixth of the Nine Grades of Prayer, the Prayer of Quiet, we'll ...



## **Prayer of Union Part 1: Captives of God**

As incredible as is the Prayer of Quiet, the Prayer of Union is a completely different level. As ...



## **Prayer of Union Part 2: The Wounds of Love**

While describing the Prayer of Union can be a bit murky given its highly mystical, otherworldly ...



## **Prayer of Conforming Union Part 1: The Ecstasy of Spiritual Betrothal**

While in the Prayer of Union God takes over the internal senses, in the Prayer of Conforming Union ...



## **Prayer of Conforming Union Part 2: Betrothed to the Cross**

It's hard to ignore that even at this level of ecstatic prayer, there remains an element of ...



## **Prayer of Transforming Union: Entering Second Heaven**

The final grade of St. Teresa's Nine Grades of Prayer is the Prayer of Transforming Union ...

## The Gifts of the Spirit



### Introduction to the Holy Spirit Part 1 - The Unknown God

While we've touched on it in many ways throughout the Science of Sainthood, we're now ...



### Introduction to the Holy Spirit Part 2 - The Bonds of Love

In our previous lesson, we discussed that while the Holy Spirit is absolutely essential to our ...



### Overview of the Gifts of the Spirit

It's now time for us to turn our attention directly upon the Gifts of the Holy Spirit. And while ...



### Cultivating the Traditional Gifts & the Role of the Charismatic Gifts

While the traditional (i.e. Isaiah 11) Gifts of the Spirit are given to everyone, they don't ...



### Guided by the Gift of Counsel

We now begin our exploration of the particular gifts of the Spirit, starting with the Gift of Counsel ...





### **Empowered by the Gift of Piety**

The Catholic faith is not about duties and obligations. It's about love. More specifically ...



### **Fearless with Fortitude**

Temptation comes in all shapes and sizes, both internally and externally. And so that we're ...



### **Beginning Wisdom & Levels of Fear of the Lord**

It might sound a bit strange, but the one of the first things you need in order to become a saint ...



### **Holy Reverence & Effects of the Fear of the Lord - Part 2**

One of the premiere effects of the fear of the Lord is "perfect detachment from all created ...

AND MORE LESSONS ARE BEING ADDED  
ALL THE TIME!