

What Would Father Say?

*Spiritual Insights ~ Spiritual Direction**

- Me: But I want to be good.
- Father: "Only God is good. He is the source of goodness, not you."

- Me: blah, blah about my difficult situation.
- Father: "Jump over the details of your difficult situation and just have faith. Ask God what He wants to teach you."

- Learn to motivate myself in a different way. Instead of "I have to love" or "I have to forgive," say "God, give me grace to love. God, give me grace to forgive." Don't grow up to be independent of God. I am not capable by myself – I need God's grace.

- Conversion – changing the way I see things. God does not ask us for anything that He has not first given us. If God requires something from me I must believe He will give it to me. Lenten resolution: I give up something for the sake of conversion. Not to prove something or that I am capable.

- Does God give us grace despite our sins, or because of our sins? Father says because of our sins. God, give me grace because I have sinned. God, give my husband, children, etc. grace because I have sinned.

- Do I see suffering or do I see meaningful, redemptive suffering? Blessed Mother, help me. We need her help because it's so easy to dwell in struggle. Faith sees meaning.

- Everything that happens in my life is an expression of God's love. God, thank you. You are teaching me. This is for my goodness.

- Don't dwell only in the situation. God, help me to see the meaning of this.

- Do not ask for God to remove my feelings of anger or impatience – this is very prideful. Accept my weaknesses – perfectionism, which my first reaction is anger and/or frustration.

- Don't say, "I do have patience" or "I don't have patience." In the moment say God bring me patience.

- If you turn on the TV, don't turn off your mind.

★ [These Spiritual Insights and Spiritual Direction comments are shared by FNM participants. #1](#)