

What Would Father Say?

*Spiritual Insights ~ Spiritual Direction**

- Me: But I'm too afraid. I don't have enough courage to...
- Father: "Courage is not the absence of fear. It's a refusal to be mastered by fear. Our fears can make us trust God more."

- Me: Father, I sometimes feel dissatisfied with...
- Father: "Oh, God's grace is working in you. He is giving you new grace to create a new situation."

- Father: "A worst idea in unity is better than the best idea divided."

- Work, structure, service helps to lessen self-focus.

- Very important to see Christ in my loved ones – make a priority of time with them. Ponder what to do for others.

- If you don't see your sin in the moment, ask God for the grace to make a quick amendment, like second son in Gospel. He changes his mind. It is more important to be honest than polite.

- Don't ask "Why is this happening?" ask "What for is this happening?" Every event has two levels; what is happening and for what.

- Discouragement is a step in the process, not bad, means I can't do it on my own.

- Wake up at a specific time each day and do morning prayer and *lectio divina*. Contemplate what you can do for others that day. At night pray for the grace to wake up on time and pray.

- On your way to work thank God for allowing your work to be your formation.

- Learn to await the Eucharist. Let it teach how to await other things.



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