

REDISCOVER THE SAINTS

LENT 2020

PROLOGUE

"Every saint has a past and every sinner has a future" (p. 8)

- Are you living out of a past mistake that seemingly has defined you? (p. 2)
 - What lies have you been told that you have come to believe as your identity?
 - What excuses have you made for yourself or another; negatively or positively that is holding you in a position you never thought you'd be in
- What brings you hope? (p. 3)
 - Choose to start afresh, regardless of "being anxious and afraid my whole life."
- When we still choose the wrong, we have to understand the root (of our addiction) (p. 4)
 - Conversion: When you start to see the good that can be, nothing else will satisfy
 - Do you believe Jesus, "Everything is going to be all right?"
- What is your reaction when you get caught doing wrong? (p. 6)
 - Better question is how can I respond
 - Whose voice are you listening to?
 - What identity do you live out of?
- What is the role of Jesus for you as you become aware of your wounds?
 - Do you believe God is safe? (p. 7)
 - How does Jesus look at you in prayer? He will never condemn, only Love
- "You are not what has happened to you." (p. 8)

GETTING STARTED

"Are you satisfied with the direction the world is moving in? Are you satisfied with your life?" (p. 9)

- "We are capable of so much more than we think" (p. 9)
 - Especially when we acknowledge none of it is because of us
 - Jesus is our Savior; He is who we long for; let us courageously follow
 - He works in us and uses all of our experiences for Good
- We agree change is necessary, but paralyzed in fear that we can obtain the change needed (p. 10)
 - We learn bold action by the Saints; can never use their holiness as an excuse for us to be anything less than great

- Always be 'in tune' with the holy moments of the day
 - Make yourself completely available to God
 - Don't compare with the Saints; you are needed
 - "The saints teach us, encourage us, challenge us, and inspire us. I wish I had more friends..." (p. 11)
 - Who is this for you on Earth and in Heaven?
 - "Embrace the fullness of God"
 - Embrace the beauty of your wounded self
- "Life is difficult and messy; there is no point in trying to pretend otherwise" (p. 12)

CHAPTER 1—ST. AUGUSTINE

"What do you believe about your past that is keeping you from your future?" (p. 13)

- Augustine struggles with sins of the flesh
 - Where are our hearts restless?
 - Has our focus changed; are things of this world more important?
- God waits for us, like a patient father
 - He never gives up on us; but do we sometimes give up on Him?
 - "In what area of your life have you abandoned God? And why?" (p. 14)
- God's timing is perfect
 - Is there shame? Hopelessness? Rejection? What is holding you back?
 - "Maybe we weren't ready, our hearts weren't really in it, or it just wasn't time"
 - God will still use that
- Every day is a new chance

CHAPTER 2—ST. WALTER OF SERVILIANO

"Have you ever allowed yourself to rest in God's love?" (p. 17)

- Do you believe God loves you?
 - Encounter the inner child within yourself
 - Parents have a beautiful co-creative power with God
- Have you ever allowed yourself to rest in God's love (p. 18)
 - "My imperfect love provided profound insight into God's love"
- Practice breathing with Holy Spirit
 - Breathe out anxiety, breathe in God's life
 - Reflect on God's immense Love
- Open your heart a little more today (p. 19)

CHAPTER 3—ST. IRENAEUS

"When was the last time you felt fully alive?" (p. 21)

- "The Glory of God is man fully alive"
- God is already within us and so our response must be to let God reveal to us what He placed in us
 - "He is interested not only in our spiritual self, but in our whole self."
 - He runs to meet us, meets us where we are at, and lead us step-by-step (p. 22)
- Spiritual blindness
 - Sometimes easier to ignore than physical manifestations which are right in our face
 - Have to do the tough work to give God permission to heal
- Wasting time
 - Don't abuse God's gift [to live life fully]
 - "When we avoid what we clearly know we should be doing, we are suppressing some aspect of God's life within us." (p. 23)
 - Overcome any obstacles by letting God in

CHAPTER 4—ST. BENEDICT

"Do your daily routines reinvigorate you?" (p. 25)

- What strong routines help you live (health, happiness, holiness)?
 - Where does prayer fit in?
 - We need to put in more effort and fewer excuses
 - Human, Spiritual, Emotional all connected—all are interconnected
- When do you take time to retreat from the daily routine to encounter God anew? (p. 26)
- Thrive more than just survive (p. 27)
 - Children: without routine, they are lost, confused, disoriented
 - We throw tantrums when things don't go our way—let Mary bring us into order of who matters
- What are our priorities?
 - "...recognize the few things that are really important and to give those things priority in our lives."

CHAPTER 5—ST. TERESA OF AVILA

"Have you ever been taught how to pray?" (p. 29)

- Do we believe we can influence the world?
 - It begins with the little things
- Mysticism
 - Person who strives to become completely united with God through prayer and self-surrender
 - Do you believe you can be a mystic?
 - Can you be open to God in all things?
 - Will look different for each of us
- Teaching on comfort (p. 30)
 - "Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds."
 - Do we not crave more than what we already have?
 - Where does gratitude come in to play?
- Teaching on worry
 - "Let nothing disturb you. Let nothing make you afraid. All things are passing. God alone never changes. Patience gains all things. If you have God you will want for nothing. God alone suffices."
 - St. Teresa struggled as we do with fear
- Teaching on prayer (p. 31)
 - From the heart—there is an intimacy
 - Speak to God as a friend—what happened during the day
 - Conversation with God
 - Mental prayer
 - Using spiritual reading
 - Distractions will come, but every time, just turn right back
- Why do we let fear/doubt settle in as we get older? (p. 32)
 - Prayer changes one's life; teach them
 - "Stop talking about it and start acting upon it..."
 - One holy moment at a time
- "Make your prayer time a sacred item on your schedule. Make it nonnegotiable." (p 33)
 - Regardless of how you feel or what you have experienced—stay true
 - Let prayer become a priority of your routine

CHAPTER 6—ST. IGNATIUS OF LOYOLA

“Are you an emotionally intelligent person?” (p. 35)

- “...to understand what is happening in the world around us, we first need to explore what is happening within us.”
 - Wrote ‘The Spiritual Exercises’
 - So attuned to our humanity—so too was Jesus
 - How do our choices and thoughts direct our actions and heart
 - Why do we make the choices we make (what is the root of our addiction?) (p. 36).
- Emotional intelligence
 - “An awareness of what is happening within us and what the people around us are experiencing”
 - Do we try to numb this consciousness so as to avoid our wounds?
 - Positively: Can be aware of the needs of those around you and try to help. (p. 37)
Negatively: Can be aware of needs not met within you that are taken out on those around you
- Presence of the Holy Spirit
 - “God speaks to us through our moods and emotions.”
 - Recommend the book
- “...The good we do never dies. It lives on forever—in other people, in other places, and in other times.” (p. 38)
 - “Holiness is contagious”

CHAPTER 7—ST. FRANCIS OF ASSISI

“What are you dissatisfied with at this time in your life?” (p. 39)

- “We are all writing the story of our lives?”
 - More theologically accurate, would be God is writing His story in and through us!
 - There is a song, a melody that is written by God for us only. Are we listening?
- Emptiness in his life led him to believe there was more to life
 - Response makes all the difference
 - What is causing an emptiness in your life? What is your response?
- How do we distract ourselves from looking at the reality of our life? (p. 40)
 - Look at your credit card statement and it will speak of the reality of your life
 - Listen to the emptiness
 - Don’t react—RESPOND!

- Period of investigation (discernment)—something happens and we respond
 - Be bold to ask questions—to understand
 - God may be using your dissatisfaction to lead you to something new (p. 41)
 - Look with His perspective; eyes of the Holy Spirit
 - What is God trying to teach us? Listen to Him.
 - There is a reason and it can at least be partially understood
 - Go deeper—don't ignore or pretend that all is well
- Live a life that is inspiring and thereby attractive (p. 42)
 - Do ordinary things with great love!
 - No matter your story—God can use it all

CHAPTER 8—ST. THOMAS MORE

“When was the last time you paused to listen to your conscience before making a decision?” (p. 45)

- Life is short
 - Not weird to meditate on death
 - Don't take anything for granted
 - Live in the presence
- How would you describe yourself? (p. 46)
 - How would someone else describe you?
 - “...one honest man's silence is louder than all the words of ten thousand dishonest men.”
 - Do we make decisions out of conscience, even if they aren't popular?
 - “When we ignore our conscience, we betray ourselves, others, and God.”
 - “A clear conscience is profound, simple, complex, mysterious, and liberating..”
 - Sometimes we have to let go of our old customs in order to let God work anew in us
- Relativism (p. 47)
 - “Continually developing our conscience is quite difficult and complex”
 - Requires courage and grace
 - Lost sense of Truth; what is right and wrong
 - ‘Ever ancient, ever new’ is a title for God attributed to St. Augustine—still bearing fruit
 - God's Word is living and effective; sharper than a two-edged sword
 - Live what has always been according to the times with passion and purpose (p. 48)

CHAPTER 9—ST. JOHN

"Do you allow people to really get to know you?" (p. 49)

- Children talk to God with excitement to share every little detail, knowing God wants to hear from them
 - How would you tell someone about Jesus who doesn't know Him?
 - They will receive the newness of who God is when spoken with enthusiasm
 - Do you only use your words, or will your actions speak louder?
 - Teach through witness.
 - When we tell the story with passion, everyone will be bought in
- Have we become too familiar with the life of Jesus that we have lost this passion? (p. 50)
 - What does it mean to 'know' Jesus vs. knowing 'about' Jesus?
 - Everyone has a story—don't settle for the superficial facts
- John the Baptist
 - Held Jesus with great reverence and respect—journeyed together
 - He knew his mission was to foreshadow Jesus' greatness; and that's what he did
- John the Apostle (p. 51)
 - We want an intimate relationship with Jesus but sometimes have to be willing to get out of His way to work in us rather than forcing how we want it to look
 - Everything was always for Jesus; AMDG, all for the greater glory of God.
 - How would you describe your relationship with Jesus?
 - Saints KNEW Jesus!
- The Saints had unique relationships with each other and with Jesus (p. 52)
 - He comes to us in our unique special ways to commune with us.
 - Are we paying attention to the small things of the day?
 - Don't worry about what anyone else is saying or doing, let your focus be on Him
- Raw authenticity
 - Forget trying to be fake and make yourself look better
 - God can and wants to handle your mess!
- Great friendship
 - "Great friends are empathetic. They are good listeners, and they help us to see the humorous side of life."
 - "It is through our relationship with Jesus that we learn how to be a good friend to others."
- "...keep the main thing the main thing." (p. 53)

CHAPTER 10—ST. MARTHA

“Are you part of a vibrant community?” (p. 55)

- “Our longing for belonging is real”
 - Can contribute our gifts
 - Can be known for ourselves—flaws included
 - God provides for the fulfillment of all our needs
- Different types of communities
 - Families, Church, sports, school
- “Local parish is the heartbeat of the Church around the world.” (p. 56)
 - Hospitality—heart of earliest Christian communities (tangible face of the Church)
 - Gift offered in love
 - Can read Scripture differently according to where we are in life (p. 57)—shapes our lives
 - Nothing should be more important than sitting with the Lord”
- Tradition continues to teach us through Martha’s life and encounters (p. 58)
 - Nothing is wasted, nothing is lost!
 - What are you good at, and how do you use it?
- Pray through the intercession of Mary, assumed into Heaven—our patronage
 - Miraculous; United with Jesus; Beautiful
 - She wants to lead us in a very special/particular way
 - What lesson is God teaching you—inspiring you through this name sake?
- Be bold; set the example (p. 59)
 - “If every person in your parish were as engaged (disengaged) as you, how dynamic (un-dynamic) would your parish be?”

CHAPTER 11—ST. VINCENT DE PAUL

“Are your friends helping you become the best-version-of-yourself?” (p. 61)

- Saint’s lives are intertwined with ours—so cool!

- Founder of society was Frederic Ozanam—Vincent lived 200 years earlier
 - Inspired and encouraged by the challenge of a student (p. 62)
 - “Show us your works and we will believe you!”
 - Decided the theme of his life would be serving the poor but didn’t know how to go about doing that
 - What is the mantra that you live by?
 - Who inspired you to live this theme?
- Your life has inspired others
 - Confidence
 - Speak the truth until it becomes real
- Focus was on visiting the poor in their homes and assessing their needs
 - Such a relationship with the poor is a call to the Christian life (p. 63)
 - What has been your experience with the poor?
 - Safe to assume you have had positive and negative encounters
 - How does that shape your response to daily needs of those you know and don’t know?
 - How does that influence the way you witness and teach your children and grandchildren?
 - Example involving never giving up on someone struggling; “...possible and even easy for Our Lord. We have only to depend on Him.”
- “One of the things that set the saints apart were their friends.” (p. 64)
 - Who challenges you to be the best person you can be?
 - Walk with each other now and for eternity!

CHAPTER 12—ST. HARRY

“When was the last time you did something with your whole heart?” (p. 65)

- It’s good to have heroes, but too often we expect too much of our heroes and too little of ourselves.”
 - Balance: be gentle with each
 - Lean on God for all things
- All are saints, many are canonized (p. 66)
 - We should never limit ourselves or others
 - There is a hiddenness within each of us that God will reveal

- “Why are we humans so cruel to each other?”
 - We are afraid of our humanity, yet this is where true growth will stem from
 - “We need”—we don’t always know what we need
 - Lean on the One who does!
 - Witness the care of children; the attention they offer to the little things—they are not afraid to ask for what they want and need
 - “Everything is an opportunity to create holy moments, to grow in holiness” (p. 67)
 - Are we helping each other reach Heaven?

CHAPTER 13—ST. JOHN VIANNEY

“Are you open to the possibilities that only God can see for you?” (p. 69)

- “God is always found in the present moment”
 - We never fear the past or future because it’s not happening
 - If you live today, say YES today, you are doing God’s will
- Sacrament of Confession (p. 70)
 - Half the day, everyday
 - Mercy—something we need—don’t be afraid to be vulnerable
- Sometimes our weaknesses are looked at from another as insufficient (p. 71)
 - God qualities the weak, He doesn’t necessarily call the qualified
 - He is so pleased with you!
- We have been hurt
 - There is a lesson but that doesn’t change the pain
 - God sees the possibilities of how He will use ALL things for good (p. 72)
- “We find vocation where our needs, talents, and desire to serve others collide with the world’s insatiable need.”
 - Only God can save, but He will use us!
 - Primary vocation
 - Secondary vocation
- “The danger is that we are so attached to our own plans that we cannot even see his plan.”

CHAPTER 14—ST. THOMAS

"Do your doubts unsettle you, or do you see them as an invitation to grow?" (p. 73)

- "Faith and doubt go hand in hand"
 - "Remain in pursuit of truth and don't begin to pursue an excuse"
 - Ask, Seek, Knock—persevere
- In Scripture, it never reads that Thomas touched Jesus' wounds
 - We interpret and assume
 - Thomas didn't need to physically touch Jesus to be healed, to believe, to know Him
- Perspective (p. 74)
 - Others knew Thomas for the good he did, not just for his doubt
 - Do you allow the reputation of someone to skew how you interact with them?
 - How would you feel it that same judgment was used on you?
- "The kind of skepticism that demands the proof of experience leaves no room for faith."
 - This demand of certainty plagues society—has become an idol
 - "In faith there is enough light for those who want to believe and enough shadows to blind those who don't." ~Blaise Pascal
 - Same individual who challenged belief in God's existence—Pascal's wager (is belief in God practical)
 - If you choose to believe in God, and He does exist—Eternity in Heaven is received
 - If you choose to believe in God, and He doesn't exist—not out much
 - If you choose to disbelieve in God and He doesn't exist—not out much
 - If you choose to disbelieve in God and He does exist—eternity in Hell
- We have to do the work to find the answers (p. 75)
 - Healthy to ask questions, to be curious
 - Hunger for Truth
 - "Avoid the temptation to judge others, but also avoid the poison of judging yourself. Don't judge your doubts."
- "Thomas' doubts led him to a conversation with Jesus and a deeper relationship with Him." (p. 76)

CHAPTER 15—ST. BERNARD

"Are you committed to the pursuit of excellence?" (p. 77)

- Character tells the essence of the person
 - They teach us by their example of perseverance
- Be happy for people when good things happen for them (p. 78)
 - We need to rid ourselves of envy, self-centeredness, and jealousy
- Excellence
 - Lifelong learner
 - Best practice—which may not always be the easy choice
 - Don't settle for mediocrity (p. 79)
 - We don't need to compare ourselves with the Saint, but we don't need to pretend they are so separate from us
 - Learn about God, ourselves, others, the world by striving to live well
 - Reform
 - "...not simply trying out new ideas; it begins always with a search for wisdom"
 - Not concerned about what others will think, but just doing what is right
 - Simplicity
 - "Make changes to it in order to improve it." (p. 80)
 - Made in the Image of God
 - Temptation to 'deform' oneself into the image of what we idol
 - "Change for the better is never easy, but it's always worth it."
 - Examination of conscience (How is your ____?)
 - Marriage
 - Physical health
 - Spiritual health
 - Finances
 - "Are you willing to make the sacrifices necessary to bring about reform?"
 - Renewed, Refreshed, Improved

CHAPTER 16—ST. THERESE OF LISIEUX

“What list of attributes describes your best self?” (p. 83)

- Carmelite nun at age 15; Died at the age of 24
 - What were you doing at that age? Don't fall into comparison, but use as motivation to respond to God's grace accordingly
- Nicknamed 'The Little Flower'
 - Has touched lives extraordinarily (even to those she never met or knew)
 - "...do little things with great love." (p. 84)
- Autobiography: *Story of the Soul*
- Inspired Mother Teresa's namesake
 - "They searched for Jesus in the faces of people the world saw unlovable."
 - "...simple and consistent application of the Gospel"
- "Universal will for all: to love others!"
- "How would your life be different if you treated every person in your life as if he or she were Jesus? How would the world be different if we all treated each other this way?"
 - Invitation to live differently! (p. 85)
 - Don't fear; Don't complicate matters
- "God chooses those who make themselves available to Him—those who surrender."
- Parents have also been canonized—first canonized couple
 - 7 girls, 2 boys (lost 3)
 - Emphasizes the importance, the responsibility, the demand of parenting (p. 86)
 - May their prayer be..."that their children will grow up to become saints."

CHAPTER 17—ST. MAXIMILIAN KOLBE

“For whom are you willing to lay down your life?” (p. 87)

- Was a priest during World War II in Poland
- Expressed radical generosity during a time of turmoil against the Nazi's
- While in Auschwitz, switched places with a man who was married but was going to be punished due to the attempted escape of one of the prisoners (p. 88)
 - After 2 weeks without food or water, the only one of 10 still alive—killed by lethal injection
- "The history of Christianity is paved with sacrifices large and small that echo the love of Jesus' sacrifice on the cross in every place and time. Self-denial and sacrificing for the sake of others is another rich theme that runs through the lives of the saints. In our modern times we seem addicted to comfort and allergic to sacrifice. Both postures make the Christian life difficult at the least and at most impossible. In order to love, and love deeply, we have to be willing to give up some comfort and take on some sacrifice." AMEN!

- Parents have such a mutual understanding of experience in regards to sacrifice for their children (p. 90)
 - "...all parents are called to lay down their lives in a million small ways throughout their children's lives."
 - Think to your own experience:
 - How did your parents model this for you? Thank them whether in prayer or in person. Forgive them if they never modeled this for you.
 - How are you as a parent modelling this for your children? Be kind to yourself, forgive yourself.

CHAPTER 18—ST. MOTHER TERESA

"How do you celebrate truth, beauty, and goodness?" (p. 93)

- "Her life announced to all men and women of goodwill that holiness is possible. Celebrated as a triumph of Catholicism by Catholics, but equally celebrated as a triumph of humanity by men and women of all faiths and those of no faith."
 - Think to those individuals whose lives you have touched?
 - Think to those individuals whose lives you don't even know, yet have touched?
 - We have power in our relationship, in our humanity to be Christ
- Truth (p. 94)
 - "...our love of others is based on the intrinsic value of each human being and springs from God alive within us."
- Beauty
 - Innocence of her smile...the simplicity to see depth in the midst of great tragedy
- Goodness
 - "selfless service"
 - Called us out for how cruel and judgmental we can be towards our fellow humans
 - Makes us uncomfortable because we are not used to such radical kindness
 - God is radically in love with us—but it's so hard to receive!
- "Truth engages the mind, beauty engages the heart and imagination and goodness engages our very humanity and inspires us to love deeply." (p. 95)
 - We are experiencing a poison that is feeding us lies and distorting these Truths about the Lord
 - "What are those poisons in your life?"
 - What is the antidote?—living in the image of God!

CHAPTER 19—ST. MARY MACKILLOP

"How coachable are you?" (p. 97)

- It is possible to be both faithful and critical? YES
 - Witnessed by how fellow Saints held each other accountable
- First canonized Saint of Australia
 - Led by example to be bold in speaking the truth regardless of it being seen as unpopular (p. 98)
 - Will always be the witness given by the Saints
 - Rooted in "a deep love for God, His Church, and His people."
- How do you respond when you are challenged or corrected?
 - "Do we respond humbly and accept correction as an opportunity to become a-better-version-of ourselves? Or do we hang on pridefully to our old selves?"
 - Represents our character—the type of person we can be 'formed' in
 - Yet we are not held down by one choice or the other; we are constantly growing in holiness!
- "Your homeland, your city, and your parish need more holy men and women to celebrate." (p. 99)
 - Be the reason the Church has another feast day to celebrate!
 - Live as bold missionary disciples as we embrace the fullness of God!

CHAPTER 20—ST. ANTHONY OF THE DESERT

"Is the culture helping you or hurting you?" (p. 101)

- "It's important to rebel against the right things."
 - Rebel against modern culture—leading us against the truth of who we are!
 - It's the perspective of God vs. our perspective
- "What drives God? Love. (p. 102)
- What's driving the culture? Consumption.
- "Do we own the brands or do the brands own us? Are we still the consumers or are we being consumed?"
 - We are God's children
 - See yourself from this vision of love
 - The culture wants you to be enslaved to the past or to the lies...but you were created with a purpose and a mission.
 - Let God speak this to you!

- “Rebel against the things that seek to make you less than who you really are.”
 - “Reject the world’s vision for your life, because it leads to emptiness and misery, in this life and the next.”
 - “Embrace and celebrate God’s vision for your life, because it leads to joy and fullness, now and forever.”
- Anthony of the desert gives us an example of how to rebel against the culture for love of God
 - “Was Anthony’s decision a difficult one? YES.
 - Was it a courageous decision? YES.
 - Did many of his friends think he was crazy? YES.
 - Did he have to overcome his own selfish desires? YES.
 - *Your world is not that different.*” (p. 103)
 - Celebrate that you are in good company!
 - Ask for his intercession!

CHAPTER 21—ST. NICHOLAS

“What can you learn from the real Santa?” (p. 105)

- “Spirit of Christmas brings out the best in people.”
 - Expands beyond religious denomination or belief
- Was a Bishop
 - Role of Bishop is to shepherd, especially those in need
- “...Jesus almost never preached before he attended to some human need.” (p. 106)
 - Interested in the whole person
- Poverty
 - “Has been an obstacle on the path to God for billions of people...and still is today.”
 - If Christianity is called to serve, why don’t we live accordingly?
 - Virtues of God: Love, Compassion, Goodness, Self-Sacrifice (lived by Nicholas)
- Intercede (p. 107)
 - “...helps solve a problem or improve a situation”
 - Example from Religious Leaders—but remember they are human too
- What memories do you have from Christmas? (p. 108)
 - As a child?
 - As an adult?
 - As a parent?
 - Let Christmas live on in your heart by how we show concern for those most in need

CHAPTER 22—ST. MARY

“What prevents you from surrendering yourself completely to God?” (p. 109)

- Wholehearted attention
- We must want to get better—in regards to addictions but just in general
 - “Our ability as human beings to deceive ourselves is tremendous.” (p. 110)
 - Is our desire driven out of recovery or escape?
 - “Unless someone is willing to surrender, recovery is unlikely.”
 - Humbling but so true
 - Will we surrender to God and not just go through the motions
- How did Mary encourage the first Christians, especially after Jesus died?

- “...The decisions we make today determine who we become tomorrow.” (p. 111)
 - “God wants to teach you when to say yes and when to say no.”

CHAPTER 23—ST. RALPH

“What stimulates your curiosity and desire to learn?” (p. 113)

- “It is impossible to divide love, love only knows how to multiply”
 - Multiple children only expands a parents love
- Benedictine monk in the 9th C. (p. 114)
 - “Love of learning is one of the quintessential life skills.”
- “To educate children requires strength, but it also requires gentleness.”
 - Don’t try to force your children to be something they are not
 - Celebrate their unique gifts
 - “...when we try to force all children into the same mold it bruises their little spirits and often kills their love of learning.”
- “One of the areas we most need to be patient with ourselves is in regard to our spiritual development.” (p. 115)
 - Hopefully you know more about faith (and more in general) than you did a year ago: because you are constantly learning (p. 115)
 - “...read five pages of a great spiritual book each day.”

CHAPTER 24—ST. JAMES

"How often do you forget that we are just passing through this place?" (p. 117)

- ...*"Sometimes you need a pilgrimage to see your life for what it really is."*
 - There is a bond when you take an adventure together...*"Watching God at work never gets old."*
 - There will be hiccups yet there is a confidence in God's guidance, there is a purpose beyond oneself to the mission
- Camino (p. 118)
 - Walk from France into Spain where St. James is buried
 - Location believed to be where St. James ministered to after Jesus instructed his Apostles to follow Him in the way of proclamation (just before Jesus ascended)
- Pilgrimage
 - *"A journey undertaken for spiritual reasons"*
 - Start to dream of where this could be around the world (p. 119)
 - Make action steps to help this dream become a reality
 - Plan a local journey
 - Nearest Cathedral, etc
- How to live your pilgrimage
 - Talk to God and offer special intentions (always making Him the focus)
 - Thank Him for graces received and those still to come
 - *"Sometimes we need to journey to gain perspective, so we can live our one life to the fullest."*
- *"Easy to become paralyzed by fear"*
 - What are your fears?
 - Give them over to God: trust in His loving relationship to calm you

CHAPTER 25—ALL SAINTS

"How can you recapture the wonder of childhood?" (p. 121)

- In prayer, encounter your younger self
 - Where is God in the midst of a certain memory?
 - Let God reveal that to you (because you might not remember where He was)
 - Do not be afraid but love your younger you (sometimes we are so hard and can place blame instead of compassion on ourselves from the past)
- Let the childlikeness rub off on you
 - Dream about your own children: what will they become
 - Dream for yourself: How will you continue to grow?

- Life of Jesus (p. 122)
 - “Each scene is an invitation to enter more deeply into the mystery of God and the mystery of self, the mystery of relationships and the mystery of life.”
 - We can place ourselves in the scenes of Scripture and invite Jesus to encounter us in our imagination
 - There is power in this imaginative prayer!
- “We also need to discipline ourselves to be present to the moments of our own lives
 - Sometimes the most difficult
 - We don’t encounter God personally in the past (already happened) or in the future (still to come), but right now!
 - “In each moment, we are either present or absent. To do two things at once is to do neither.” (p. 123)
- “People don’t do anything until they are inspired, but once they are inspired, there is almost nothing they can’t do.”
 - “Christianity is by its very nature hopeful and positive”...so live that way!