

Impact

Bring faith to life. Find life in faith.



SOMETIMES WE NEED TO TRUST THE LORD

Overwhelmed, surrounded by noise and stress, we need to trust the Lord.

Everyone has moments when life is hard. We may feel stressed by responsibilities at home, work, or school. It may seem we are surrounded by noise - external sounds from electronic devices, television, traffic, or people, or the interior noise of worry, anxiety, confusion, or frustration. Many of us proceed through the days and weeks of our lives without giving these things much thought until something happens - a new situation arises, conflict with a co-worker or family member erupts, or there is an accident and suddenly, we reach saturation, the breaking or boiling point.

Living as a disciple does not eliminate the noise or frustration, but commitment to Christ does make a difference. When we are stressed and overwhelmed, it is time to draw on our faith more deeply. Like the Caananite woman who trusted in God's healing care, we place our needs in the hands of the Lord.

SOMETIMES WE NEED TO STEP AWAY

On a mountain, in a cave, or a quiet corner at home, it's time to step away.

Elijah stepped outside, listening, seeking God in a time of trial. He may have expected God to appear in a show of might and strength. Rather, God was found in a small whispering voice. Awestruck, Elijah listened to the Lord.

Jesus took Peter, James and John high on a mountain. They likely thought they were simply on a walk with Jesus, or perhaps they expected they would take time to pray as Jesus often did alone. Stepping away from the cares and the demands of daily life, they experienced Jesus transfigured. They were given a glimpse of the glory of God. Hearing God's voice telling them to listen to the Lord, they were filled with awe. With new perspective and their fears calmed by the Lord, they rose and continued their journey with him.

Sometimes we need to step away from the busyness of life in order to look and listen for signs of God's abiding presence with and within us. Not only should we step away, we should bring our lives - the good and the difficult, all that we wonder about and that which concerns us - to our quiet place with the Lord.

SOMETIMES WE NEED A FLASH OF INSIGHT

Glimpse divine grandeur and see anew. View the world in a fresh, new light.

When we take time away to be with God in quiet reflection, we open ourselves to gain the perspective we need, let go of fear and frustration, and meet the circumstances of our lives in the presence of God's goodness and grace.

"In the lives of disciples, however, something else must come before the practice of stewardship. They need a flash of insight - a certain way of seeing - by which they view the world and their relationship to it in a fresh, new light. "The world is charged with the grandeur of God," Gerard Manley Hopkins exclaims; more than anything else, it may be this glimpse of the divine grandeur in all that is that sets people on the path of Christian stewardship. Not only in material creation do people discern God present and active, but also, and especially, in the human heart." - SDR, 39

Where is your quiet place? What do you need to do to find the time to step away to bring your life to the Lord? How might you open yourself to a flash of insight, to the goodness and grace of God, to view the world and your relationship to it in a fresh, new light?

Who are you? You are God's beloved.

It may sometimes feel as though you are only a face in the crowd, yet faith tells us something radically different: in Baptism, we are drawn to Christ as God's beloved.



"The gifts and call of God are irrevocable."

Romans 11:29

"Each of us has been given particular gifts and talents. These innate qualities uniquely equip us to respond to the daily circumstances of our lives. Jesus "does not summon disciples as a faceless crowd but as unique individuals. He knows people's personal histories, their strengths and weaknesses, their destinies; he has a purpose in mind for each one." (SDR, p. 13)

We may not often take time to think deeply about ourselves or about the big questions in life. Yet, in truth, our response to the questions of who we are and how we will act in the world directs our daily decisions, actions, and interactions with others.

Are you ever afraid to be yourself, in God's presence or with others? We may rely heavily on rote prayers rather than speaking to God from our hearts. In our relationships with others, we may act as we think they want us to be, rather than being our authentic self with them.

Jesus touched the disciples in their fear. He called Peter to walk on water. He responded to the bold

woman who sought healing for her daughter. His touch strengthened them in their weakness and made them strong in gospel witness.

Whether weak in faith or strong, ready to see ourselves as God's people or hesitant to embrace faith-directed life, Christ calls us to be true to our deepest self, and to live as one who is precious in God's sight.

Christ offers us strength and courage to be ourselves and to be bold in faithful living. Let Jesus touch you with the grace to live as God's beloved in the world! Be who you are, and be that perfectly well.

Be who you are, and be that perfectly well.

— St. Francis de Sales

Impact this month

1. **Start the day with a time of prayer, in which you remind yourself that you are God's beloved. Ask the Holy Spirit to guide your actions throughout the day.**
2. **Recognize your special gifts and talents — the things you naturally do well — and intentionally use these gifts in your daily life at home, work or school, parish, and world.**
3. **Pray the Examen at the end of the day. Keep a journal or list of the blessings you recognize and the ways in which you resolve to share your gifts and blessings with others.**