

SPIRITUAL MAINTENANCE

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We know that as Vincentians, we are to bear witness to Christ and to his church by showing that the faith of Christians inspires us to work for the good of humanity

But we can't wait for God to do something dramatic in our life to bring us closer to him, and as in any relationship, we have to work at it. We can't be passive but need to pursue God as we would with people we love.

- **Listen.** We have to be open to God and listen when he is showing us the way.
- **Silence.** We need silence to hear God by shutting out the earthly noises around us.
- **Humility.** We must put ourselves aside and recognize our own sinfulness and unimportance before we can truly have repentance, mercy, patience, and forgiveness for others.
- **Honesty.** We must be truthful to ourselves about our own motives and our actions. This allows the mind to breathe and think clearly.
- **Seek to be Holy.** We need to strive to conform all of our thoughts and actions to God's way, not the way of this world.
- **Pray.** Not only are we to offer up our needs, love, and fears, but we are to listen as well. And listen with a humble heart so we may lift up who we are and everything we experience and possess, to God. If your parish has an adoration chapel, it is a great way to spend time with God. *"Could you not watch one hour with Me?"*
- **Read Scriptures.** Since this is the living word of God, we therefore encounter him, and we nourish our Christian mind and soul.
- **Friendship and Community.** It is said, "Nobody makes it to heaven alone." Our family and friends help shape us to be who we are and our community provides support. This was true with Jesus, as his apostles were his friends and community. And attending conference meetings supports our Vincentian Values.
- **Penance and Eucharist.** God makes himself available to us every day and week in the confessional and in the sacrifice of the Mass.

"As for the seed that fell among thorns, they are the ones who have heard, but as they go along, they are choked by the anxieties and riches and pleasures of life, and they fail to produce mature fruit. But as for the seed that fell on rich soil, they are the ones who, when they have heard the word, embrace it with a generous and good heart, and bear fruit through perseverance."

Luke 8:14-15