

## **Additional Resources:**

### **WHO:**

From *This is the Day the Lord has Made*, by Wilfred Stinissen, July 3:

Conscious that God affirms you, you can affirm yourself. You don't need to analyze yourself and dig up your positive qualities. If you build your self-confidence on things such as capability and intellect, you will never reach such deep affirmation. You have no idea how long you will retain your health, intelligence, and strength.

Only if you affirm yourself in God's affirmation of you, do you live in the truth, and only in the truth will you find complete security. When you know that you are valuable in the eyes of God, you don't need to find reasons to prove your worth.

Likewise, you are no longer in need of asserting yourself with others. The tendency to assert oneself, which is rooted in the insecurity we all feel, slowly melts away when you learn to rest in God's love. There is no reason to be so sensitive to the opinions of others if you know the opinion God has of you.

Those who can affirm themselves as being affirmed and loved by God will not find it difficult to affirm and love others. This is evident in the life of Jesus. He was totally safe in the love of the Father. Because he rested in the Father's affirmation, he felt no threat from anyone and was free to meet anyone and anything full of love. The love he received from the Father was an inexhaustible spring in him, and from it flowed a mighty river out into the world.

Jesus wants to give you his own life; he wants you to receive him and live the same life as he lives.

### **Bible verses for prayer:**

Isaiah 49:8-16 (I will never forget you)

Isaiah 43:1-7 (I have called you by name, you are mine)

Isaiah 62:1-5 (You shall be called "My delight is in her")

Luke 15:1-7 (Parable of the Lost Sheep)

Luke 15:11-32 (Parable of the Prodigal Son)

Psalms 139:1-18 (Lord, you have searched me and know me)

Jeremiah 29:11-14 (For I know well the plans I have for you)

John 4:4-15 (Woman at the well)

Luke 12:22-34 (Seek first the kingdom of God)

Song of Songs 2:8-14 (Your voice is sweet and your face is lovely)

## WHAT:

**The precious and life-giving cross of Christ** – *From a sermon by Saint Theodore the Studite (Oratio in adorationem crucis: PG 99, 691-694. 695. 698-699)*

How precious the gift of the cross, how splendid to contemplate! In the cross there is no mingling of good and evil, as in the tree of paradise: it is wholly beautiful to behold and good to taste. The fruit of this tree is not death but life, not darkness but light. This tree does not cast us out of paradise, but opens the way for our return.

This was the tree on which Christ, like a king on a chariot, destroyed the devil, the Lord of death, and freed the human race from his tyranny. This was the tree upon which the Lord, like a brave warrior wounded in his hands, feet and side, healed the wounds of sin that the evil serpent had inflicted on our nature.

A tree once caused our death, but now a tree brings life. Once deceived by a tree, we have now repelled the cunning serpent by a tree. What an astonishing transformation! That death should become life, that decay should become immortality, that shame should become glory! Well might the holy Apostle exclaim: Far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world! The supreme wisdom that flowered on the cross has shown the folly of worldly wisdom's pride. The knowledge of all good, which is the fruit of the cross, has cut away the shoots of wickedness.

The wonders accomplished through this tree were foreshadowed clearly even by the mere types and figures that existed in the past. Meditate on these, if you are eager to learn. Was it not the wood of a tree that enabled Noah, at God's command, to escape the destruction of the flood together with his sons, his wife, his sons' wives and every kind of animal? And surely the rod of Moses prefigured the cross when it changed water into blood, swallowed up the false serpents of Pharaoh's magicians, divided the sea at one stroke and then restored the waters to their normal course, drowning

the enemy and saving God's own people? Aaron's rod, which blossomed in one day in proof of his true priesthood, was another figure of the cross, and did not Abraham foreshadow the cross when he bound his son Isaac and placed him on the pile of wood?

By the cross death was slain and Adam was restored to life. The cross is the glory of all the apostles, the crown of the martyrs, the sanctification of the saints. By the cross we put on Christ and cast aside our former self. By the cross we, the sheep of Christ, have been gathered into one flock, destined for the sheepfolds of heaven.

## Bible verses for prayer:

John 10:7-17 (I am the Good Shepherd)

John 12:20-36 (The Coming of Jesus' Hour)

John 13:1-19 (Jesus washes disciples' feet)

John 14:1-14 (I am the Way, the Truth, and the Life)

Matthew 20:17-19 (Jesus' 3<sup>rd</sup> prediction of His Passion)

Matthew 26:36-46 (Jesus' Agony in the Garden)

Matthew 27:11-26 (Jesus is condemned to death)

Luke 22:54-65 (Jesus is denied and ridiculed)

Luke 23:33-49 ("Today you will be with me in paradise")

Luke 24:1-53 (Resurrection!)

## **WHEN:**

*All Is Potential for Development* – Wilfred Stinissen

You can always be grateful for knowing that God uses every situation for your growth, no matter how difficult it may appear. In everything that happens, God wishes to teach and lead you closer to himself.

If you trust with all your heart that everything is in God's hands, then you can freely let him know your every wish. Even if you ask God to change the situation, your prayer is carried by the knowledge that God works everything for the best. In this case, you will not be disappointed if your prayer doesn't come true the way you had hoped it would.

The wonderful thing is that gratefulness often has a transforming effect on the most challenging situations. Giving thanks for what is arduous can, without your having asked for it, open what seems locked, revealing treasure inside. At times, this may have a psychological explanation. When your inner attitude changes, you gain another perspective on things. You no longer see the situation

But it is not all that rare that the situation itself is materially transformed. God is like a teacher. He gives his students tougher assignments in order for them to mobilize more of their capacity. The goal is reached when you are thankful every time God gives you a tough assignment. You have passed the test, and the difficult situation no longer has any purpose—it disappears.

Even more difficult situations will probably appear later. But they are chances for you to develop even more your innate ability to trust that everything God does is for the best.

## **Bible verses for prayer:**

Isaiah 41:8-10 (Do not be afraid)

Matthew 10:28-31 (You are worth more than many sparrows)

Hebrews 13:1-8 (Jesus is the same yesterday, today, and forever)

Mark 10:46-52 (“What do you want me to do for you?”)

Revelation 22:1-7 (“Behold, I am coming soon”)

Ecclesiastes 3:1-8 (An appointed time for everything)

Psalms 34:1-9 (I will bless the Lord at all times)

Psalms 62:1-13 (Trust God at all times)

Romans 8:18-27 (The sufferings of this present time are as nothing compared with the glory to be revealed for us)

Romans 13:8-14 (It is the hour now for you to wake from sleep)

## WHERE:

Our Lord's words teach us that though we labor among the many distractions of this world, we should have but one goal. For we are but travelers on a journey without as yet a fixed abode; we are on our way, not yet in our native land; we are in a state of longing, not yet of enjoyment. But let us continue on our way, and continue without sloth or respite, so that we may ultimately arrive at our destination.

– St. Augustine

All the way to heaven is heaven, because Jesus said, "I am the way."

–St. Catherine of Siena

If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.— C.S. Lewis

Late have I loved you, O Beauty ever ancient, ever new, late have I loved you! You were within me, but I was outside, and it was there that I searched for you. In my unloveliness I plunged into the lovely things which you created. You were with me, but I was not with you. Created things kept me from you; yet if they had not been in you they would have not been at all. You called, you shouted, and you broke through my deafness. You flashed, you shone, and you dispelled my blindness. You breathed your fragrance on me; I drew in breath and now I pant for you. I have tasted you, now I hunger and thirst for more. You touched me, and I burned for your peace. – from St. Augustine's Confessions

## Bible verses for prayer:

Luke 24:13-32 (Walking with Jesus to Emmaus)

2 Corinthians 5:1-5 (Longing for our eternal dwelling)

John 15:1-10 ("I am the vine, you are the branches")

John 17:20-26 ("...so that they may all be one, as you, Father, are in me and I in you, that they also may be in us...")

John 14:15-31 ("I will not leave you orphans, I will come to you.")

Hosea 2:21-25 (You are my people)

Zephaniah 3:14-20 (The Lord your God is in your midst)

Philippians 4:4-9 (Peace of God will guard your hearts and minds in Christ Jesus)

1 Corinthians 6:17-20 (You are temples of the Holy Spirit)

Psalms 27:1-14 (One thing I ask of the Lord, to dwell in the Lord's house all the days of my life)

## WHY:

*The Mission of My Life*, by Cardinal St. John Henry Newman

God has created me to do Him some definite service.  
He has committed some work to me which He has not committed to another.  
I have my mission.

I may never know it in this life, but I shall be told it in the next.  
I am a link in a chain, a bond of connection between persons.  
He has not created me for naught.

I shall do good; I shall do His work.  
I shall be an angel of peace, a preacher of truth in my own place,  
while not intending it if I do but keep His commandments.  
Therefore, I will trust Him, whatever I am, I can never be thrown away.

If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him.  
If I am in sorrow, my sorrow may serve Him.

He does nothing in vain.  
He knows what He is about.  
He may take away my friends.

He may throw me among strangers.  
He may make me feel desolate, make my spirits sink, hide my future from me.  
Still, He knows what He is about.

## Bible verses for prayer:

Jeremiah 1:4-10 (To whomever I send you, you shall go.)  
Matthew 5:3-16 (Beatitudes; You are the salt of the earth.)  
Philippians 2:1-11 (Have the same attitude as Christ)  
Joshua 24:14-28 (As for me and my house, we will serve the Lord)  
Daniel 10:4-19 ("Speak, my Lord, for you have strengthened me.")  
Luke 9:1-6 (Mission of the twelve)  
Luke 10:1-12 (Mission of the seventy-two)  
Ephesians 2:8-10 (Created in Christ Jesus for the good works God prepared in advance)  
Philippians 2:12-18 (God is the one who works in you)  
1 Timothy 6:11-19 (Be rich in good works)

HOW:

You change your life by changing your heart. – St. Benedict

O Lord, I do not wish to be preoccupied with my fears nor to be discouraged at my weakness. On the contrary, I wish to trust in Your mercy, and to have no confidence whatever in my own strength, convinced that my weakness comes from depending on myself.

– St. Teresa of Avila:

*The good God would not inspire unattainable desires; I can, then, in spite of my littleness, aspire to sanctity. For me to become greater is impossible; I must put up with myself just as I am with all my imperfections. But I wish to find the way to go to Heaven by a very straight, short, completely new little way. We are in a century of inventions; now one does not even have to take the trouble to climb the steps of a stairway; in the homes of the rich an elevator replaces them nicely. I, too, would like to find an elevator to lift me up to Jesus, for I am too little to climb the rough stairway of perfection... The elevator which must raise me to the heavens is Your arms, O Jesus! For that I do not need to grow; on the contrary, I must necessarily remain small, become smaller. O my God, You have surpassed what I expected, and I want to sing Your mercies.*

– St. Thérèse of Lisieux

The Gospel is not about how we are to make ourselves better. It is about staying close to Jesus. Die his death in order to live his life.

– Wilfred Sinissen: *This is the Day the Lord Has Made* (March 31)

God became man to turn creatures into sons: not simply to produce better men of the old kind but to produce a new kind of man. It is not like teaching a horse to jump better and better but like turning a horse into a winged creature. Of course, once it has got its wings, it will soar over fences which could never have been jumped and thus

beat the natural horse at its own game. But there may be a period, while the wings are just beginning to grow, when it cannot do so: and at that stage the lumps on the shoulders—no one could tell by looking at them that they are going to be wings—may even give it an awkward appearance” – C. S. Lewis: *Mere Christianity*

#### **Bible verses for prayer:**

Psalm 63:1-9 (I will bless the Lord as long as I live)

Romans 5:1-11 (But God proves his love for us in that while we were still sinners Christ died for us)

Romans 12:1-8 (Be transformed by the renewing of your mind)

Romans 12:9-21 (Love one another with mutual affection)

1 Thessalonians 1:2-8 (We give thanks to God for you)

1 Peter 1:3-12 (Faith tested by fire may prove to be for glory)

1 Peter 1:13-25 (Ransomed with the precious blood of Christ)

Galatians 5:13-26 (Fruits of the Spirit)

Ephesians 4:1-16 (Build up the Body of Christ)

Romans 8:28-39 (Nothing will separate us from the love of Christ)