

# Reflections

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## Some Concrete Points for Growing in the Spiritual Life

1. There are no religious practices more fruitful or more important than **the Eucharist**. For someone seriously aspiring for perfection, it is what is most valuable. The ideal case would be the daily Eucharist. But it would already be great progress to have it as a resolution to attend Mass once or twice during the week. We probably need to convince ourselves more of the infinite value of this sacrament....understand better its meaning, its different parts.

**2. The Rosary.** It is a prayer which presupposes simplicity and we should pray it in a simple way. It is difficult to say each word conscientiously. It is easier to meditate on the respective mystery without concentrating on each word. Through the repetition, an interior climate is created which causes the subconscious and the emotions of the soul to vibrate. We see the great success of the Rosary Campaign. There have been many miracles of transformation, openness, and personal and family reconciliation. All of this invites us to reflect on the efficacy and fruitfulness of this prayer which is so loved by the Virgin Mary.

3. It seems to me that another important point is **spiritual reading**. I have the impression that it is hard for many to read. I do not know if it is a lack of interest, a lack of motivation or a lack of order and organization which impedes it. But I think everyone could find the time to have a brief daily reading. I believe that a committed lay person cannot live up to his/her mission without fostering spiritual reading. Father Kentenich, the founder of the Schoenstatt Movement, gives the example of [Joseph Engling](#). He relied greatly on spiritual reading, especially on biographies of saints or great devotees of the Virgin. These were very important for him in his life: they set him afire interiorly and motivated him on the way to sanctity.

4. Another suggestion is to have a **brief daily meditation**. Its significance is to unite our practical life with God, to maintain contact with Him while being in the world.

And what can be the topic of that meditation? For example, an important event of the day, a suggestion we may receive from someone, an idea which emerged from spiritual reading, a problem we encountered along the way.

And we try to find God in the events of the day: especially in my personal life, but also in married and family life, in the happenings of the world. If we see life with the eyes of faith, we discover that in each detail and event there may be an intervention from God.

We have to learn to dialog with God about the daily things in our life. Father Kentenich is of the opinion that we would be more interiorly serene and healthier psychically if we would take our daily problems to God, if we would talk to Him about them. For that we should seek closer contact with God, be more spontaneous, simpler and more childlike.

And in the end, make some sort of conclusion: What did God want to tell me with this? What response does He expect of me? What does He ask me to do or change?

5. Another recommended point is **the nightly examination of conscience**. It has its importance in our struggle for Christian maturity because in it we pretend to see a quick combination of our weaknesses and daily faults. And this combined view has to become an experience of one's own smallness and misery which also invites to childlike surrender with the Merciful Father.

Thus the examination of conscience also responds to the deep desire of the healthy person: to surrender oneself as one is, with the naked soul, in order to be known and accepted in one's totality. This is psychologically very important for the hygiene of the soul and has a strong repercussion in the growth of childlikeness.

### Questions for reflection

1. Is the Rosary a prayerful habit for me?
2. What do I think about the resolution to attend Mass during the week?
3. Am I accustomed to seek God in my daily life?

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