

POPE BENEDICT XVI HABITS TO HELP US ENCOUNTER GOD

Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction,”

Benedict XVI, Deus Caritas Est.

To help us in our encounter with God, Pope Benedict XVI recommends a few easy habits:

1. Twice a day, have brief contact with God - Not necessarily a prayer, but a thought, a word of praise or gratitude, at the beginning and end of the day.
2. Every morning, thank the Lord for the gift of faith - our most precious possession, which no one can take from us!
3. Every day, find an opportunity to rejoice - identify the simple joys that the Lord offers us - the joy of living, of seeing nature's beauty, of a job well done, of helping others, of sincere and pure love.
4. Every Sunday, encounter Christ in the Eucharist – the Eucharistic makes present Jesus' gift of his life. It is light for the whole week.
5. Every day, take note of a sign from God - become aware of how attentive God is to us and how much he loves us. Consider keeping a bullet journal of these signs.
6. Contemplate works of art - the way of beauty is one of the ways that can lead to God, help us encounter him, and help us to pray.
7. Enjoying the humorous moments of life - not taking oneself too seriously and enjoying the little joys of life.
8. Invoke the saints more often - with their charity and life, they have been beacons for so many generations. Companionship with the saints joins us to Christ.
9. Take time for silence - regular times of silence to discern what is important from what is useless or incidental. "God speaks to us even in silence, we discover in silence the possibility of speaking with God and about God."