



**GOD  
CALLS**  
*Adventure*

# Discover Spirituality

A 40 day self guided course,  
helping you grow in Faith, Prayer and Self Discipline.

# About GodCalls: Adventure

This is an opportunity for everybody to grow in their relationship with God.

If you would like help and advice of how to deepen your spiritual life, you can use this course.

This is an adaptable course to suit your needs- you select from our suggestions, and if you wish, engage with the GodCalls: Adventure community on our Facebook page private group.

## Responding to the Call to Holiness

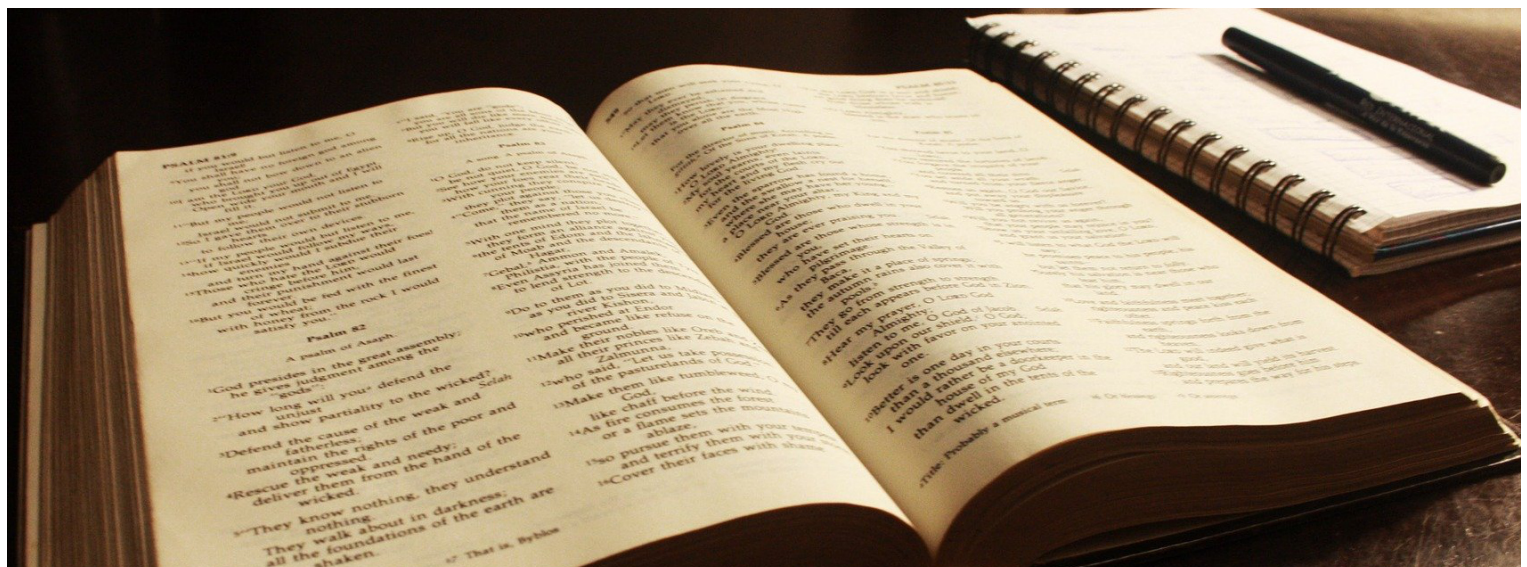
The National Office for Vocation is committed to promoting the Call (Vocation) to Holiness.

Our baptismal call to holiness – or to be in relationship with God – grows as we mature in faith in the grace of the Holy Spirit. God is closer to us than we can ever imagine, but we need to do our part by opening our mind, heart and will to God.

GodCalls: Adventure is a 40-day self-guided course which aims to help you in this work.

## Why 40 days?

Jesus went into the desert for 40 days, and the Israelites spent 40 years in the desert. The desert is a place where everything becomes essential, distractions are few and far between, it gives a person the opportunity to delve into what is in their heart- it is a privileged time of adventure and discovery. This adventure into ourselves cannot happen overnight, it takes time, discipline, and patience. 40 days gives us time to learn new habits, practice new ways of being, and grow into a person a little more proficient in being our true selves as God dreams us to be.



# Introduction: How to do this...

Take these 40 days, whether you begin your journey in Lent, or at another time of the year is not so important. What is important is that you are resolved to stay the course, "Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?" (Luke 14:28). The Holy Spirit will help you, "ask and you will receive, seek and you will find" (Matt 7:7).

You will find on the website, pages of resources to help you on this spiritual adventure.

- **Plan your days.**

Talk to the Lord about what you seek, ask the Holy Spirit to be with you on this journey. Decide when you will start. If possible, a good way to begin will be to go to mass and confession, but if that is not possible, just say a personal act of contrition and resolve to start again. Write down your plan... what will you commit to do every day? Stick with the plan throughout the 40 days. No days off, no excuses. If you fail, do not beat yourself up about it, just start again... that is what it means to practice. You need to practice a new habit, practice over and over again, the Lord and all heaven is accompanying you in this.

- **Spiritual Friendship: Is anybody going on this journey with you?**

God is Trinity. The Father, Son and Holy Spirit are a communion of persons. We are made in the image and likeness of God, and so we are called to live in communion with our brothers and sisters. This is why it is important that we come together regularly as Church.

To live in communion with others, calls us to open our lives and hearts to others. We need to make space for the presence of God in our lives, and to allow the Holy Spirit into our hearts. We do this through the sacraments and through the gift of God working in and through other people.

"It not good for man to be alone..." (cf. Genesis 2:18). The desert can be a lonely place. Whilst we seek to be alone to be able to make time and space for God, even the desert Fathers learned the wisdom of spiritual companionship. A companion can help us see the mirages that fool us, and the presence of the Holy Spirit when we are unable to see it ourselves. So, find either a spiritual director to accompany you on this journey, or ask a friend to come on the adventure with you... that way you will be helping your friend in their journey of holiness too. Arrange to meet, either in person or virtually on-line on a regular basis to share prayer, your thoughts, your struggles, and your discoveries. If you would prefer, the National Office for Vocation will have a closed group on their Facebook page to help you join a virtual community of discerns.

- **On the first day- be different!**

Leave yesterday behind, and joyfully start this adventure full of life and love.

- **Start every day with a prayer.**

To start your day, even with just a short prayer, teaches you a good habit that will grow into a precious virtue. This is about prioritising God in your life, and the first step of deepening your relationship with Him.

- **Set aside some time in the day for prolonged prayer.**



This is not wasting time, it is spending quality time with the one who loves you, understands you and wants you to get to know him more. This time is a gift to yourself, so place any distractions or worries into the hands of God. This is why you have begun this journey, so treasure it!

“... the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.”

(Romans. 8:26)

Whilst devotional prayers are good Catholic practices, they are designed to help you when you need to get started, or to lead you into prayer. From their starting point, allow the Holy Spirit to pray in you. There are many different ways to pray and some advice will be given in this programme. Everybody is different so try something new but use what helps you best.

- **Close the evening with an examination of consciousness.**

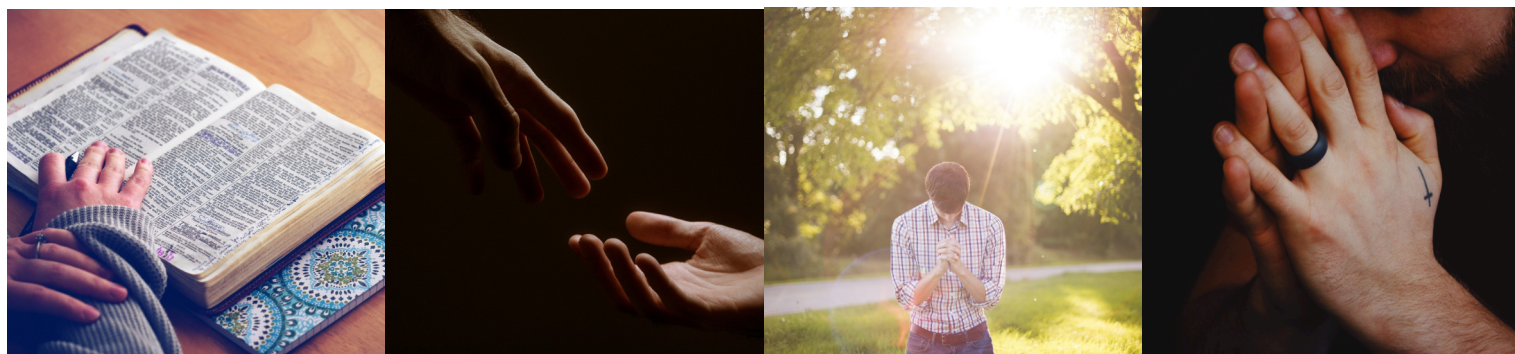
To review your day as it closes helps us progress in the spiritual life. To look back on what we have done well, with God's grace, and where the Holy Spirit has invited us to collaborate with him in building up God's kingdom. We can also reflect on where we have not responded to the call of the Holy Spirit or the Word of God, where we have failed in our resolution. This is not to make us feel bad, but to show us how we can respond better the next time. Ask yourself about why you made the decisions you made, so that you can learn to know yourself better. Always end with a prayer of thanksgiving to God, for his presence with you on this adventure, this journey of discovery. Thank God for his grace, which has helped you feel closer to him. Pray too for your Spiritual Companion, that they may grow strong in their faith and holiness.

- **Prepare for tomorrow.**

Read the Word of God for the next day. You may have chosen to follow the liturgy of the Church with the readings for mass, or you may have decided to follow a biblical itinerary... follow the plan you have set out for yourself. The practice of reading sacred scripture last thing before you sleep, helps us sanctify our mind and thoughts before we fall asleep. The Holy Spirit will work even when we are asleep, and the next day when we read the same scripture again in our daily prayer commitment, we will find that we are drawn to a word or phrase or have some attraction to this Word of God. These will be the seeds of your spiritual work for the day, and throughout your 40 days adventure.

- **Journal**

To keep a written journal of your spiritual adventure during these days is very helpful. It will help you look over things and be reminded of your prayer and spiritual experiences in the future. It will also help you share with the person you have chosen to share this journey with. You will be amazed at what comes out as you write, that you never imagined! Write about your thoughts, feelings, difficulties, and insights.





# Sacraments

## Holy Mass

*“[Christ’s faithful] should be instructed by God’s Word and be nourished at the table of the Lord’s Body; they should give thanks to God; by offering the Immaculate Victim, not only through the hands of the priest, but also with him, they should learn also to offer themselves; through Christ the Mediator, they should be drawn day by day into ever more perfect union with God and with each other, so that finally God may be all in all”.*

*(Sacrosanctum Concilium 48: Document of Vatican II).*

The Holy Sacrifice of the Mass should be for all Catholics, the centre of their week. For those who have freedom and time, it is good if you can attend some masses during the week, especially if you seek to sanctify your days and weeks throughout this period of self-training.

It is important, that when we do go to mass, we do not allow the words just to pass over us like the waves of the sea on the sandy shore. The words should move us, we need to listen to them, because the mass is not just of the priest, but of us all. Listen to the words the priest says carefully, they are a dialogue as well as a prayer. When you respond, respond with care and attention, those words of your mouth mean something. Remember, the mass is not just an external action that you observe, but a prayer you say to God with your brothers and sisters in Christ. To pray the mass in this way will help you become more holy, because your perspective will change. You will see the mass not just for your own good, but also as part of what you do in Christ, for the world. Your work in this GodCalls Adventure is to be transformed.



# Reconciliation

Reconciliation or “Confession” as many Catholics speak of it is one of the seven sacraments of the Church. It falls into the category of one of the two sacraments of healing, the other being the anointing of the sick. The purpose of both these sacraments is to bring about God’s healing and mercy in the world through the power of the Holy Spirit.

In the Sacrament of Reconciliation, we receive God’s forgiveness for our sins, and so we are reconciled to the Church’s life and are able to live the life of charity that exudes from sacramental grace.

All of us fall short, so in confession we firstly examine our conscience and recognise where we have abandoned the Lord through our sins. Our sorrow for our sins leads us to confess them, and so in the sacrament of Reconciliation we enunciate what we have done wrong with sorrowful and contrite hearts. Through the action of the priest, God sees our sorrow and forgives us our sins. The words of absolution are an embrace from the Lord who forgives us and offers us the grace so that we may not sin again in the future. The prayer that we make and the penances that we undertake are an act of gratitude for all the Lord has done and echoes in our hearts the desire not to sin again. In our act of penance, we make amends for our sin and we are reconciled with the Church and are strengthened to serve the Lord more faithfully.

In confession we encounter the Lord, who is our physician, our healer who raises us up and reintegrates us into the Church’s life. We can encourage each other to find opportunities to go to the sacrament of confession and to try at the end of each day to prepare for that sacramental moment by bringing the events of the day to the Lord. We are grateful for the blessings and we ask forgiveness for the times that we have sinned. This moment of being present to the Lord makes sure that we are always ready to turn back to the Lord and receive gratefully his forgiveness and love.



# Prayer of the Church

## **The Prayer of the Church is sometimes called The Divine Office.**

This is the official liturgical prayer of the church, along with the mass. when we pray it, we join our minds, hearts, and prayer to that of Jesus and we pray the same prayers as our brothers and sisters all over the world. Priests are obliged to pray these prayers, and many deacons, consecrated men and women, and lay faithful all over the world pray these prayers regularly too. The prayers are the psalms that have been used for hundreds (thousands) of years, by Christians since the beginnings of the Church, and even before Jesus- by the Hebrew people of the old testament. Jesus would have prayed the psalms during his life here on earth. The prayers and readings accompany us throughout the liturgical seasons of the year and are accompanied by related readings and intercessions. As Christians, we have all been baptised, Priest, Prophet and King. The fact of use being baptised into the priesthood of Christ, enables us to address God with confidence in prayers of thanksgiving, praise, sacrifice and intercession.

## **Why is it good to pray the Prayer of the Church?**

There are many reasons to pray the prayer of the Church, most of all because it unites us in a special way to the prayer of Jesus and his universal church.

Another reason is because it reminds us that we are all one body in Christ. We are not alone, and we are saved as a people of God. We are called to support one another through sharing our gifts and burdens. This is how to be holy. To be holy is to be like God, and God is never selfish, he cannot think of himself. To be holy means to think of our brothers and sisters all over the world; to pray for the living and the dead, this is the “communion of saints”.

The psalms sometimes make us say words we do not mean. Some of the psalms talk about violence, or horrible things, and other times the psalms make us say we are joyful and thankful when we do not feel that way. This is important, because our prayer is giving voice to our human condition, we are praying as part of the body of Christ, as part of the people of God, liturgical prayer is not all about you or me, it is about us. When we pray, we participate in this reality that is so much bigger than ourselves.

When we pray the Prayer of the Church out-loud in community or with friends or other members of the church, we learn an important lesson. We learn to listen. We learn to modify our rhythm, our volume, (sometimes our tune if we are singing), to fit into the rhythm, volume or tune of others. This can take practice, but the practice of listening to what others are saying and to modify ourselves to suit everybody else takes our attention away from ourselves and focuses us on community. We are a community of equals in the sight of God, and praying this way helps us practice the deeper truth of what we are: one body in Christ.

It is not necessary to pray all the hours of the Prayer of the Church, start with what you feel comfortable with. You can find free apps for your phone or purchase an abbreviated form of book... or the whole three volumes if you wish! Perhaps begin with morning and night prayer.



# Lectio Divina

Lectio Divina (sacred reading) is one of the ancient spiritual practices from Mosantic tradition.

## Why Lectio Divina?

God speaks to us in many ways. The main purpose of Lectio Divina is to listen to the voice of the Lord that is present in the Sacred Scripture. What is God prompting me through this passage of the Bible? As part of this beautiful journey it is advised that you have your own copy of Holy Bible with you as a companion and guide. Lectio Divina is a flexible prayer, you may do in a group or even individually and it is very easy way to pray. You first listen, note what is given and respond in a way you are directed by the Holy Spirit.

## Invocation of the Holy Spirit

The Holy Spirit Lord whom Christ promised, and whom we all have received in Baptism, will be the one to lead and guide us through Lectio Divina. "I have said these things to you while still with you, but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you" (John 14:25-26).

## How to use Lectio Divina as a form of prayer?

- Choose either the gospel of the day or the passage of the Sacred Scripture suggested to you by 'God calls Adventure'. choose a passage which may be between 10-15 verses.
- Find a quiet place where you can spend some time with the Lord, to listen and speak to Him. Have your Bible with you. Sit erect and comfortable. Concentrate on your breathing.
- Invoke the assistance of the Holy Spirit.
- Take the Holy Bible into your hands with reverence and love.
- Read aloud the chosen passage of the Scripture so that your ears and heart can hear the words.
- Once finished reading, recall the word or phrase that touched your heart.
- Pause for awhile and savour it, cherish the feeling and understanding.
- Read the same chosen passage again to have the fuller meaning.
- Meditate for some time and note what's going within you. Pay attention to the promptings of the Holy Spirit. You may have the following questions if they be of help: what does this passage call me to do? What grace does this passage lead me to ask from the Lord?
- Now if you want to dialogue and talk to God follow the promptings of your heart.
- You may conclude the prayer with 'Our Father'.

# Adoration

## What is Adoration?

Eucharistic adoration is a form of prayer. It is basically an act of worship of Eucharistic Lord outside of the Holy Mass. The consecrated Eucharist Host is usually exposed in a Constance on the altar or in the adoration chapel or sometimes preserved in the Tabernacle, so that all can see and pray in the presence of Christ the Lord.

Catechism of the Catholic Church 2628: "Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Saviour who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," respectful silence in the presence of the "ever greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications."

We long to see and meet someone whom we love most. Are you in love with Christ? If yes go to see Him and meet Him in the Adoration. One of the best gifts that Our Lord Jesus Christ left us to His Church is the Holy Eucharist, where in He makes himself present to you and me.

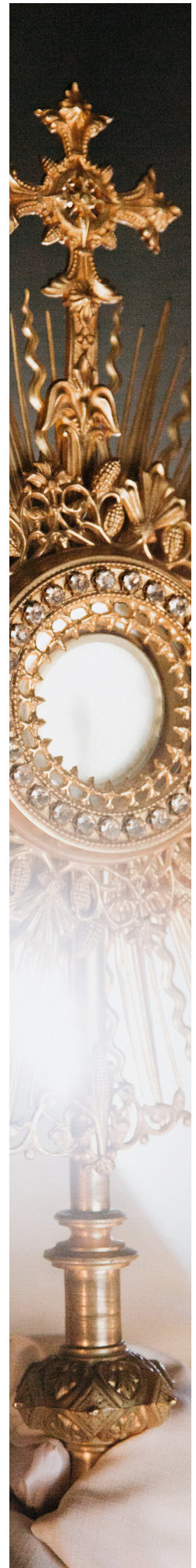
## What do you have to do at the Adoration?

When you go to the adoration to your local parish, or adoration chapel, always keep in mind that you are in the presence of the Almighty God. As a form of respect and love to the Eucharistic Lord you should always genuflect or bow. You can kneel, sit, stand and even prostrating on the floor before the Blessed Sacrament are all appropriate forms of prayer. Do whatever is comfortable for you and let your posture reflect your worship of the King. You don't really have to DO anything during the Adoration. You may just sit there and LOOK at JESUS while HE looks at you. Take it as you are out on a 'DATE' with the Lord. Take time to be with HIM. It is your personal time with CHRIST.

*"The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth."*

*(St. Teresa of Calcutta)*

Adoration is a SOUL workout just like a jogging is for the physical Body. Have you ever noticed that you are set out for one hour workout and noticed that you feel that you are so exhausted after that first five minutes? It could be the same too with your Soul workout too. Don't worry the more you do it the better you will feel. If you can't make it due to the current circumstances, do not worry, remember the words of St Paul, "you are the temple of the Holy Spirit" (1 Corinthians 6:19).



# Prayer

If we were to ask every single saint in Heaven “What is Prayer?” each would probably give a different answer. The Catechism of the Catholic Church (CCC), section four on Christian Prayer gives us many definitions to ponder, including:-

## Prayer is...

“...a surge of the heart...” (St Therese of Lisieux quoted in CCC2558),

“...the raising of one’s mind to God...” (St John Damascene quoted in CCC2559),

“...a covenant relationship between God and man in Christ...” (CCC2564) and

“...a response of love to the thirst of the only Son of God...” (CCC2561).

This variety of responses to a seemingly simple question does not mean that prayer is ambiguous or that we cannot agree on what it is, or that it can be quickly explained by a simple definition but rather that it is a wonderful, profound mystery of God and how we might respond to Him.

In Acts of the Apostles, we see that prayer is one of the four pillars of how the apostles and early Church members lived their real and tangible relationship with Jesus Christ “And they devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.” (Acts 2:42). Prayer therefore is one of the vital aspects of entering into and living an ever-deepening relationship with God.

## Getting Started

As you take your first few steps of your God Calls Adventure, take a few moments to read and ponder this passage from the Book of Jeremiah, in the Old Testament.

*“For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart. I will be found by you, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.”*

*(Jeremiah 29:11-14)*

What questions does this passage raise in your heart? On reading it carefully, where do your thoughts take you? What would you like to ask God about it, and your 40 Days of Adventure?

The Church offers a treasure trove of different forms and expressions of prayer. The greatest prayer we can offer is our active participation in Holy Mass. We also pray when we seek to enter the presence of Our Lord Jesus Christ in Adoration of the Blessed Sacrament, and when we listen to the words of God in Sacred Scripture.



# Devotional Prayer

There are numerous other devotional practises offered by the Church which are useful and fruitful prayers for us to engage with, all of which help us live our baptismal promises, love God, and know our calling.

**The Holy Rosary** is a very ancient devotional practise, dating back to the 13th Century. It contains meditations on all the key moments in the life, death, and Resurrection of Jesus Christ. We learn to ponder the whole of Jesus' life by praying this regular pattern of set prayers in groups, as each group (called a decade) represents a different mystery or important part of Jesus' life.

Usually, a set of beads is used to help us keep track of the repeating patterns and decades, thus freeing our minds from the distraction of counting prayers, but also providing a soothing action for our hands to engage in as we pray.

The words of the vocal prayers that make up the Rosary (Our Father, Hail Mary and Glory be) start us off on our journey of prayer. We speak these prayers either silently or aloud. As we become more familiar with the repeating pattern of the prayers, the regular rhythm allows us to begin meditating on Jesus and the events of His life, that is as we pray the familiar words we begin to mull over their meaning and questions may present themselves in our hearts as to the relevance or implications for our own lives. These questions and musings enable a conversation to take place between us and God, through the intercession of Mary, the Mother of God, who is also our holy mother. As we grow in confidence in this two-way conversation we begin to pray in a contemplative way – that is the intimate gaze of love between God our Creator, and us His children.

**Novenas** – usually nine subsequent days of prayer. The original Novena is the period of nine days between Jesus ascending into Heaven after He rose from the dead (Ascension), until the Holy Spirit descended on the apostles and Our Lady in the Upper Room – the point at which the Church was born (Pentecost). Those nine days were filled with intense prayer (Acts 1:6-14) and so we follow the example of Our Lady and the Apostles in praying persistently for nine days. Novenas are fruitful when praying for a particular intention, or to help celebrate a particular Church Feast or Solemnity or to ask a particular saint to pray for you (asking the intercession of the saint).

There are numerous other devotional practises to choose from including praying **Litanies**, for example the Litany of Loreto (an ancient tradition of a set form of alternating invocations or petitions, followed by a response) or Chaplets (like the rosary in that they consist of repeating groups of prayers, for example the Chaplet of the Divine Mercy).

You can find traditional Catholic Prayers on the GodCalls app available to download free for both Android and Apple platforms.

# The Way of the Cross

## What is it?

The Way of the Cross is central to the life of a committed Christian. In this devotion/prayer we unite ourselves with Jesus in His last few hours as He takes up his own Cross – the Cross of all our burdens, wounds, sin and sufferings, carrying it to Calvary, before being crucified and dying. As we fall more in love with Him, we see that we are invited to carry our own crosses through life – maybe we don't enjoy good health, have financial worries, or experience difficult family relationships, or any other suffering or hardship we live with. Every soul will have a different experience of the Cross in their life.

Whatever cross we must bear in life, we can take comfort and strength that Our Lord Jesus Christ has already borne and conquered the Cross of the total sufferings of the entire human race, including for us personally. This was not a chance event but a definitive moment in God's plan of salvation and redemption.

## Why is it Important to Pray It?

Jesus shoulders the weight of our own trials as we follow Him. In keeping this in mind and uniting our suffering with that of Jesus our burden becomes easier, we learn to imitate Him as we willingly accept and offer our trials, and offer ourselves, in love for others. In keeping this focus on the life, passion and death of Jesus, we receive his redemptive love. Our burdens are lightened. We are more disposed to adore His most precious Body and Blood, Soul and Divinity and invite Him into our very being in receiving Him in Holy Communion. We suffer on behalf of our brothers and sisters. We partake in the sacrifice of Jesus Christ – both in receiving and giving.

“Why did you suffer for me, dear Jesus? For love! The nails...the crown...the cross...all for the love of me! For you I sacrifice everything willingly. I offer You my body with all its weakness, and my soul with all its love.” St Gemma Galgani

“Those who accept His offer of salvation are set free from sin, sorrow, inner emptiness and loneliness.” Pope Francis, *Evangelii Gaudium*, 1.



# How to Pray the Way of the Cross

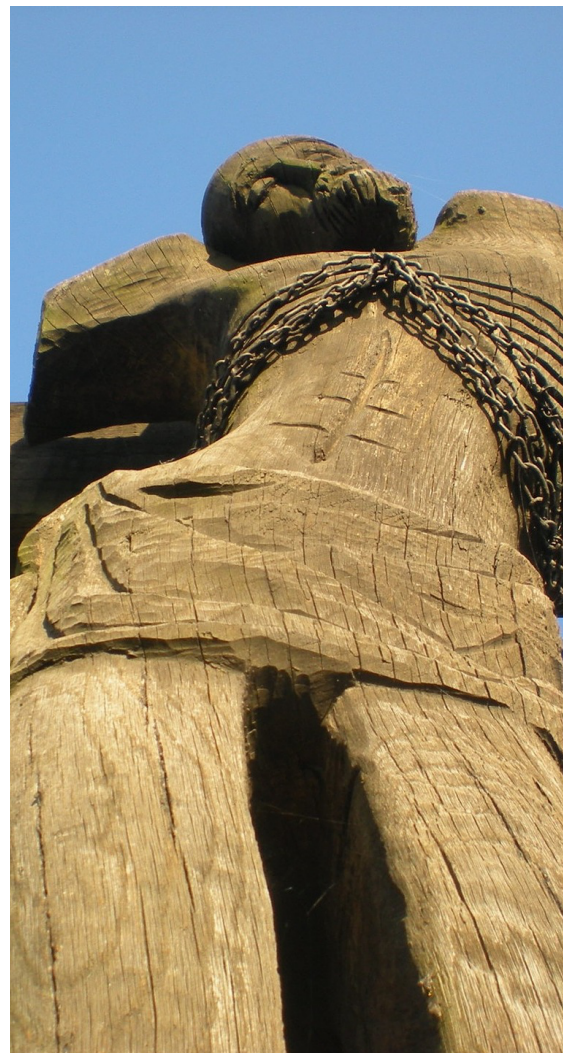
Praying the Way of the Cross, also called Stations of the Cross, is a powerful and profound way of entering into the Mystery of Christ's crucifixion and death. It can be prayed at any time, but it is particularly suitable to praying in Lent and on Fridays.

It consists of fourteen different stages, or stations, on Jesus' journey. We journey alongside Jesus stopping to reflect and pray at each station.

Often the Way of the Cross is prayed physically as well as with words. All Catholic churches have images of the Way of the Cross around the walls and it is common to walk from image to image stopping at each one to pray the prayers for that particular part of Jesus' journey. In physically walking and genuflecting, we enter more deeply into the prayers. It is also possible to pray the Stations of the Cross without moving around, simply making the journey in our hearts as we move from station to station. Many shrines and places of pilgrimage also have Stations of the Cross to physically follow. If you ever have the chance to go on a pilgrimage to the Holy Land, you will have the opportunity to pray the Via Dolorosa. This is the Stations of the Cross following the actual geographic route that Jesus took as He carried the Cross to Calvary, through the streets of Jerusalem.

## The fourteen Stations are:

1. Jesus is Condemned to Death
2. Jesus Carries His Cross
3. Jesus Falls for the First Time
4. Jesus Meets His Afflicted Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes the Face of Jesus
7. Jesus Falls a Second Time
8. Jesus Meets the Holy Women
9. Jesus Falls for the Third Time
10. Jesus is Stripped of His Garments
11. Jesus is Nailed to the Cross
12. Jesus Dies on the Cross
13. Jesus is Taken Down from the Cross
14. Jesus is Laid in the Tomb



There are many versions of the Stations of the Cross prayers, available both online and as printed resources. They contain different reflections and images but are all the same in that they guide you through the fourteen stations mentioned above, helping you reflect on the Passion, Crucifixion and Death of our Redeemer, Our Lord Jesus Christ.



# Spiritual Attitudes

## Asceticism

Asceticism it is a practice that can be done throughout the year but a good place to start is Lent. It is the practice of self-discipline that is exercised along with prayer. The practice of asceticism allows the individual to complete certain outward facing actions in order to practice penance for an person's sins. These can be challenging activities but through the help of guided prayer and community this allows and individual to grow and continue their task for the period of time.

Asceticism can help us grow in a number of ways as an individual, God gives us the spirit to keep strong in prayer and mind and we hear this a number of times in scripture, for example in St Paul's second letter to Timothy:

*“for God did not give us a spirit of cowardice,  
but rather a spirit of power and of love and of self-discipline”.*

*(2 Timothy chapter 1 verse 7)*

Certain tasks that an individual can take part in at any point throughout the 40 days are as follows:

- Exercise: regular vigorous exercise taking place weekly to help the body maintain fitness.
- Abstain from sugar: thing includes sweets, deserts, and sugar in your tea.
- Abstain from milk: having tea/coffee with no milk.
- Abstain from alcohol: no alcoholic beverages for the duration.
- Abstain from meat: Monday's and Friday's no meat, vegetarian options.
- Abstain from snacking: no snacks in between meals.
- Short cold showers: every morning a short cold shower is taken.
- Sleep: getting regular sleep patterns (7 hours per day recommended).
- TV/Gaming: limited access to TV and Gaming throughout the 40 days.
- Silence: spend 20minutes per day in silence making it part of regular prayer and reflection.
- Mobile Phones: use of mobiles for work and family calls only.
- Social Media: stay off social media sites for the 40 days.

These different tasks, some more challenging that others can be used throughout GodCalls Adventure. Select one or a number of tasks that you will carry over the 40 days then make sure you pray over it, look at what will be useful to you and work at it. In week 4 when we look at courage you are asked to select one each day, to undertake as an extra during that week to help you focus.

# Spirituality in Daily Life

## Integrating Spirituality into your daily life

Exploring your spiritual, deeper, more mysterious side can be one of the most exhilarating experiences of your life. Spirituality can give you clarity, vision, and guidance where you had confusion, disappointment, and lack of purpose. It can awaken your senses and arouse your intuition.

Spiritual truths can answer many important questions and give you the ability to see things beyond the surface. Everything begins to take on a deeper significance and your choices no longer stem from ignorance.

## The Benefits of Integrating Spirituality into your Daily Life

### Connection

People who say that as you become more spiritual, life becomes more serious; have a lack of understanding of real spirituality. The more connected you become to the spirit within you, the lighter things get, as you develop an ability to laugh at yourself more and to recognise that this world is a playground for exploration. You also realise that joy, happiness, fun, and laughter are integral parts of your life and are necessary for your overall well-being.

### Freedom

The more spiritual you become, the more freedom you feel to be yourself and to allow others to be themselves. Your need to criticise others dramatically decreases and compassionate understanding take its place. You will also become more tolerant with yourself and the people around you. You may even find yourself drawn to people you would usually have little interest in. Thus, you unlock the gates to the most fascinating, expansive connections with others, life becomes a real adventure.

How fantastic would it be to wake up every day and know that anything is possible? You may meet a person who will change your life, receive an amazing job offer, discover an important piece of information, receive a positive surprise or have a deeply spiritual experience. Remember that God sees us first, it is God who sees our identity.

### Fun

The more fun something is, the less resistance we have to experience it. When there is no resistance, life, well-being, joy, wonderful opportunities and abundance can flow effortlessly into our lives.

### Mystery

There is well-known saying that 'spirit works in mysterious ways.' Wouldn't you want to be part of the mystery, knowing that every day holds an opportunity to transcend the ordinary and enter the realm of the extraordinary? The most beautiful thing is that you don't have to work out how things will happen, just be open to amazing opportunities entering your life.

## Unique perspective

As you come into a spiritual communion with your Divine essence, you begin to attract people into your life, who will have a deeper connection and an understanding of who you are and what is important to you. Thus, you may expand your circle of friends, from people who are close to your age and your experience of life to people from all walks of life who will offer different perspectives than what you know.

Integrating spirituality into your life is a unique process, which requires time, connection with yourself and deep and profound exploration.

A way that you know that you are moving forward in your life is that you feel that you are growing and expanding. You will feel a sense of Joy and happiness in everything you undertake.

Volunteering or simply performing acts of kindness will deepen your compassion and help you grow as a spiritual being. By offering a helping hand to others, you will consequently help yourself. Giving is receiving, and every time you extend your help to people, they will be much more likely to help you when you need it.



# Itinerary

Over the next 40 days follow the plan you have designed for yourself.

Below you will find some suggestions for 40 days of prayer and reflection which can be used alongside some spiritual tools which you will find on the Resources page.

## Week 1

You are about to begin a journey; this journey could change your life... but only if you want it to.

To begin this journey, you need to be aware of where you are beginning from, where you are coming from, so that you can journey well prepared. This journey might never end... it is up to you.

This first week will help you begin well, it is designed to help you prepare for the journey, so that you can make the right decisions about how to go forward. Use it to understand what you can manage, so that you can maintain the pace throughout. Do not be over-ambitious but still, challenge yourself.

## Day one

Start from love.

## Reflect

Read from your bible, Jeremiah chapter 31, verses 1-14

Hear God's word addressed to you personally.

"I have loved you with an everlasting love;  
therefore I have continued my faithfulness to you."

Do you feel loved by God? Do you want to be loved by God?

You were created in love, without love you could not exist. God gave that magic spark of life to your being and you were created. God looked at the world and saw that it needed you!

## Action

Take some time to write down all the ways you have received love in your life. Start from the beginning... somebody fed you, somebody cleaned you, somebody clothed you and taught you how to speak. How else have you received love? Write it down.



## Day two

What brings you here?

### Reflect

Write down... why are you doing this? What triggered these thoughts or feelings in your heart? Did some friend invite you? What does that say about your friend? What does it say about you? What do you want?

Pray to God with the words Jesus taught us (read in your bible the gospel of Matthew, chapter 6, verses 5 to 14).

How do you want to change?

### Action

What will you do today to begin the change you want to see in yourself?  
Write it down.

## Day three

Where have you come from?

Read Hosea chapter 11, verses 1 to 8.

### Reflect

Read this passage as though God were speaking to you alone. What do you feel? What can you learn from this? Does it prompt you in your heart to do something?

In the Bible, for the Jewish people, their time in Egypt was an experience of enslavement. God, working through Moses helped get them out of Egypt... freedom from enslavement. They spent many years in the desert after that... that was a time of reflection, of working out who they wanted to be, who God was for them, it was a time of uncertainty... but also a time of discovery. Through mistakes and trials, they came out into the promised land, a land of good things and happiness.

What has been your *Egypt* experience of enslavement in your life so far?

You are about to be liberated... you are entering this desert of discovery for 40 days. Prepare your heart for the promised land... what is the promised land for you?

### Action

What is the spiritual promised land for you?  
Write it down.

## Day four

Where do you want to go?

Read from your bible, from the gospel of St John, chapter 6, verses 60 to 71,

### Reflect

There are many who seek to know the Truth. Many who say they want to be more holy but get discouraged because it is difficult to change the habits of a lifetime. Are you one of them?

It can be difficult, but you do not need to do it all alone or all at once. God's Holy Spirit will be in you helping you, and his angels and saints, and all the Christian community on this earth are here to support you.

### Action

Entrust your journey to them, have faith and take little steps, you will find what you seek.

Who will you ask to help you on this journey? The Holy Spirit? Your guardian angel? One or some of the saints? A spiritual director, priest, or friend? Do you have a grandparent you could ask to pray for you?

## Day five

Health check... choosing the right path.

Read in your bible psalm 139.

### Reflect

Do you feel comfortable that God knows so much about you? How does it make you feel?

### Action

Tell him a secret about yourself... (even though he already knows). It will help you see him as a trusted friend. Tell him how you truly feel about this.

Write it down.

## Day six

Thanksgiving

Read from your bible 1 Corinthians, chapter 12.

### Reflect

What gift have you received from the Holy Spirit?

### Action

What will you do to use your gift for the service of Jesus, of the Gospel and the people of God?

## Day seven

Rest

From your bible, read Exodus chapter 20, verses 8 to 11.

### Reflect

How do you make the Sabbath holy? Why does God want us to rest on the Sabbath?

### Action

As you live this Sabbath day, hand it over to the Lord.

How will you live this day?

Today, after all you have reflected on these past seven days, what have you learned?

Now today, take the time to write down your daily program.

Plan into it the changes you would like to see in yourself.

How will you begin your day?

How will you sanctify your day?

How will you pray?

How will you change?

What will you do for the sake of your fellow humans?

How will you end your day?