

Glory to Jesus Christ!

My name is Bill St George and as a fellow parishioner at Our Lady of Wisdom I wanted to offer a simple exercise in forming a Christ centered life. In my case, several years ago, I found myself shifted by constant stresses of life in marriage, family, and career. The demands to keep up and always do your best took a strain, and I was losing focus on the true relationship with Jesus and consequently with all other special relationships I had with one another. The daily demands that are placed on us and of course the demands we make to ourselves, can and will burn us out.

Life can be hard but we all have so much to be grateful for. Each one of us is moving forward and trying our best to make life work. In my 68 years I have had many life lessons. I share my experiences with you because that is what we Christians are to do. I believe in hope in all things through Jesus. I know life has its ups and downs, so we are to anchor ourselves with greater faith than leaning on one's own self-reliance. I found when you ask yourself better questions, like WHAT instead of WHY; you discover better insights into what you are looking for; so, I came across a book which had a lesson on how to change your life in 30 days. I had to write a sentence up to a paragraph on six different virtues; without fail for those 30 days. I did it and in 30 days my outlook had changed. The difference for me then and now is we must pray for the Divine guidance through the Holy Spirit before and after we ask ourselves these six questions. I challenge anyone who is caught in a rut and needs a new perspective to take the challenge. Jesus is waiting for you! Help is on the way!

1. Lord, what made me **happy** today?
1. Lord, what made me **excited** today?
2. Lord, what made me **proud** of something or someone today?
3. Lord, what made me **grateful** today?
4. Lord, what did I **Love** about today?
5. Lord, what did I **commit** to do today?
6. Lord, what did I **enjoy** today

Your Brother in Christ,

Bill St George