

CHOOSING LIFE

Desire: The Way I Want

Can I notice any difference between living out of the deep purposive movement of my soul and living out of my shallower, surface desires?

The saint is the person who has discovered his/her deepest desire. They then "do their own thing" which is also God's thing. Their will and God's will are in harmony, so that their lives are characterized by a continuous peace, tranquility, freedom and joy, even - perhaps especially - in crisis and suffering.

Gerard Hughes

...what we're seeking is an experience of being fully alive.

Joseph Campbell

Prayer is the place where we sort out our desires and where we are ourselves sorted out by the desires we choose to follow.

Ann and Barry Ulanov

Write your own obituary notice.

Do not write the obituary which you are afraid you might have,
but the kind of obituary which, in your wildest dreams, you would love to have.

Do not analyze it, or try to think it out too clearly,
but allow your fancy to run free.

**Draw two columns on a piece of paper,
one headed 'Events which bring me to life' and the second 'Events which deaden me'.**

Become aware of those things in your life which are destructive;
which lead nowhere,
which are negative and deadening - which block, inhibit, rob or starve you of life.
These movements are often characterized by fear or anxiety.

Now listen for another movement within - often unnoticed,
drowned out by stronger, more insistent negative voices.

This is the movement towards life
and if given room is full of life and promise and hope and energy and purpose.

I ask Jesus our Lord that I might not be deaf to his call in my life and that I might be ready and willing to do what he wants.

Ignatius of Loyola

Discernment is at the heart of Christian discipleship. It is the practical and practiced way of living as congruently as possible in the way of Jesus. It is learning to respond in love to God, to others and to our world, and to our circumstances. It is about discovering who I really am, and what I really want.