



From the Desk of the Publisher

Weekly Devotion heartily dedicated to the highly achievers and the image builders of the community -

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From "My Daily Bread"

A Summary of *The Spiritual Life*

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Confraternity of the Precious Blood

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This is heartily dedicated to the highly achievers, the image builders of the global Filipino communities, in particular, and to the mainstream, in general.

Chapter 33, page 64-

"NECESSARY CARE OF ONESELF"-

CHRIST:

My Child, everyone must take a reasonable care of himself. In time of temptation arouse yourself, warm yourself, guard yourself and avoid idleness. No matter how much you do for others, do not neglect yourself altogether. Beware of too much talking. Whenever possible, try to be alone with Me. Take advantage of My presence. You possess Him Whom the whole world cannot take from you. I am worth more than everything else put together.

2. If you neglect yourself, you can lose in a short time the spiritual strength which was acquired slowly and with great effort over a long period. Reflect often on the eternal purpose of your earthly life. There is no other way. Examine your progress each day. In a short time your present life will be over. If you have been faithful, you will never again know fear nor sorrow. For the little labor which you do on earth, you will gain a glorious reward and unending joy. I shall not fail those who have been faithful to My Will.

3. The man who learned to pray and reflect, looks on self-perfection as his first and highest business.

One who studies himself honestly, finds it easy to be silent about others. Learn to hold your tongue about the affairs of others unless your duty obliges you to speak. Fix your attention on your own faults and do something about them. If you are a true man of God, the doings of others will not make you worse than you are. If you can remedy a bad situation, do so. Many times, however, you can do nothing but pray over the misdeeds of others. Do this as one sinner praying for another, not as a superior being, praying for inferiors. When you have learned to fix your attention on your own affairs. You will find great peace of soul.

THINK:

As far as I can, I should strive to help others. In many things, however, I can help only by prayer, good example, and silence. Prayer gives grace to me and others. Good example reminds others of what they should be doing. Silence prevents the spreading of scandal and the flaring of tempers. Minding one's own business is a great virtue. My first task is to save my soul. As far as I can, I must also try to help others live a holier and happier life. Many things, however, are not in my power. After I have done what I can to help matters, I should leave them in God's hands.

PRAY:

Lord, give me the courage to look at myself, the honesty to admit my faults and limitations, the sincerity to try self-improvement, and the love for You that will keep me at it for the rest of my life. Let me not be concerned about matters that are beyond my control, except to petition Your help For the rest, let me really live the words: "Thy will be done." Amen.