

FAITH HABITS - I'LL WALK WITH GOD

Living our faith is as much about prayer as it is about everything we do in our daily lives. Sometimes we need to stop and take a more realistic look at what we must do to deepen our insight into the relationship we are called to have with God on our personal spiritual journey.

One of my favorite songs is "I'll Walk With God". It reminds me of the intimate relationship we are called to have with God. Walking by faith means walking with the Lord. We may not always be aware of His divine presence when we are having a difficult day, but we do remember Him in our thoughts and prayers when we feel Him helpful, or near. When God seems absent we must realize He is truly with us, but we simply don't recognize His actions within us. From our first waking moment in the morning, until we fall asleep at night, we find ourselves taking risks and making decisions about how we live our lives. Our decisions constantly mold our lives into our spiritual journey. Without these faith decisions, the going would be much more difficult than we could ever imagine.

Frequently it is necessary to spend some quiet and honest time with Jesus. Possibly during adoration on any Thursday, or maybe just a little time when we can be quietly alone with our thoughts. Great things can happen! Be gentle and patient with yourself, as God is patient with all of us. We all have had both good times and bad times. We have all had practice with this! We can always benefit from going back over those good times by being grateful for God's gifts to us. Also, we can bring the many obstacles we have to the Cross, where His presence is so special. Besides, we are all beginners when it comes to walking in our faith.

Thanks to our faith, we know that life may break us, but God is always there to put us back together. When we feel we are in a troublesome time, losing our luster and life, we are really at the end of a dark night, with a new day dawning. Understanding this requires prayer and action on our part: the willingness to open up our hearts.

God is constantly sending all of us chaos, disruption, even aches and pains; ways by which God disturbs us to shake sense into us. This is necessary, since all suffering prepares and strengthens our soul, and we begin to see what God has in mind for us. We must always be searching for a peaceful heart and "Walk With God".

Remember: Prayer brings together two lovers, God and the Soul.

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