

Meditation 2014-02-21
Today is a Ferial Day in Septuagesima Week
Meditation Theme: "Am I Running As Fast As I Can?"

Place yourself in the presence of Jesus Christ. Make sure He knows that every thought, action, and experience of today is dedicated exclusively to Him.

The Scenario: From the Epistle of Septuagesima Sunday

Know you not that they that run in the race, all run indeed, but one receiveth the prize? So run that you may obtain. And every one that striveth for the mastery, refraineth himself from all things: and they indeed that they may receive a corruptible crown; but we an incorruptible one. I therefore so run, not as at an uncertainty: I so fight, not as one beating the air: But I chastise my body, and bring it into subjection: lest perhaps, when I have preached to others, I myself should become a castaway. For I would not have you ignorant, brethren, that our fathers were all under the cloud, and all passed through the sea. And all in Moses were baptized, in the cloud, and in the sea: And did all eat the same spiritual food, and all drank the same spiritual drink; (*and they drank of the spiritual rock that followed them, and the rock was Christ.*) But with most of them God was not well pleased.

Point 1. – Consider that this life is a struggle. St. Paul gives the analogy of a foot race. Everyone runs, but only one receives the prize. The race of life requires each of us to run, and run so that we might win.

Point 2. – Consider the Israelites in the Desert who followed Moses out of captivity. Most of them merely followed, and didn't run so as to obtain the crown of heaven. Do I also run with a "Yeah! Whatever!" attitude? Is this enough to win?

Point 3. – Consider that God can judge us "winner" if we really run. You cannot get to Salvation by jogging. Consider those who only followed in the crowd. Were they running so as to win? Was God well pleased with them?

Meditation: God has put us into a life of struggle. He has promised the Great Reward if we try for it, but we really have to **try**! There is an effort involved. Think of the life of any favorite Saint, perhaps one who made Sanctity look so easy. It really wasn't easy. For a poor sinner like yourself to get to Heaven, it requires a terrific effort and, like the greatest of Saints, you should never complain about how much effort it requires. The reward is always much greater than the effort expended, and if you make it, you will most assuredly consider the effort well spent. Consider the athlete spoken of in the Epistle. He has to stay in training; he has to practice; he has to keep improving his speed and endurance. He must listen to the advice of his coach, whom he must choose carefully, for there are many coaches, some wiser than others. He must apply this good advice so as to improve even more. Am I improving myself so as to run faster and farther? Do I frequently "break training?" If I do, what benefit do I get? If I fall back, how long will it take to recover the ground I have lost? Will I ever recover it all?

Colloquy: Take a minute or two to converse with God, in any of His three Persons, or the Triune God complete in Himself. Tell Him what you have learned from your meditation, and thank Him for it.

Hold the Gain: Consider what you can do to keep the fruits of your meditation. Try to plan how you can think of them through the day, and through the days ahead. Come up with ways you can apply your conclusions to what you do in your everyday life, conversations you engage in, the choice of what movie to watch, what books you choose to read.