

Meditation 2014-03-15
Ember Saturday In The First Week Of Lent
Meditation Theme: “What Does Holiness Require?”

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 today’s Mass

BROTHERN: We beseech you, rebuke the unquiet, comfort the feeble minded, support the weak, be patient towards all men. See that none render evil for evil to any man; but ever follow that which is good towards each other, and towards all men. Always rejoice. Pray without ceasing. In all things give thanks; for this is the will of God in Christ Jesus concerning you all. Extinguish not the spirit. Despise not prophecies. But prove all things; hold fast that which is good. From all appearance of evil refrain yourselves. And may the God of peace himself sanctify you in all things; that your whole spirit, and soul, and body, may be preserved blameless in the coming of our Lord Jesus Christ.

Point 1. – Saint Paul instructs us to deal with others – the unsettled, the feeble minded, the weak, yes, and all men.

Point 2. – We should pray without ceasing. Prayer, we are told, is of several purposes; Adoration, Offering, Repentance, Thanksgiving, and Petition.

Point 3. – We are told that we should not even appear to be or to do evil.

Meditation: Saint Paul gives firm instruction to us here. How to deal with others, to pray always, and to avoid even the appearance of evil. Do I listen? Do I follow?

Do I treat those with whom I come in contact as God would have me treat them? Do I tell the angry to “settle down?” Do I treat simple people with compassion? Do I help the weak? How? When was the last time? Do I make it a point to deal patiently? Do I return evil with evil? Would that be right?

Do I understand that there is cause for Joy? Do I pray always? Should I pray always? Can I pray always? I get very busy sometimes. I have to pay attention to other things. Can I pray while doing these things? If I do the things that I must do in life for the greater glory of God, does that qualify as prayer? Can I add this purpose to my daily actions? Can I do laundry for the greater glory of God? Can I change a tire for the greater glory of God? Can I dedicate all my efforts, even the most mundane things, to the greater glory of God?

Do I pray for all of the purposes of prayer? Do I only pray in petition? Do I only ask for things? Physical things? Spiritual things? Do I ever pray in Adoration of God? Do I ever offer Him myself? Do I pray in sorrow for my sins? Do I ever say “Thank You!” to God for all that He has given? Or do I just ask?

Do I understand that those around me see whatever I do? Do I understand that others are affected by seeing what I do? Do I understand the nature of scandal? Can others view the things I

do in an evil way? Can what I do appear evil to others, even if it is not evil? If someone sees me doing something he thinks is evil, does that affect him badly? How do I prevent the appearance of evil? What level of care must I take? Others often say “I don’t care what people think of me or what I do.” Under what circumstances might this be a good thing? Under what circumstances might this be a bad thing? Am I too ready to ascribe evil to what I see others do? If they are not really being evil, but I see evil, is it their fault? Will it take effort? What kind?

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.