

Spiritual Self-Care:

A Spiritual Reading Exercise

Hebrews 10:25 Unplugged

MY DAILY BREAD

Chapter 18: Peace and Joy in God Alone

CHRIST:

1. My child, when you have risen so high in virtue that you seek comfort and satisfaction from Me before all earthly remedies, I shall bestow on you the grace of knowing Me intimately and of enjoying My friendship as never before. Your interior peace will no longer be disturbed by daily events. No more will you be attached to what you have, nor complain about what you lack. You will place yourself entirely in My hands. I shall be your main interest...

2. I am the fountain of true peace and lasting joy. Keep close to Me in your daily life. The man whose main interests are on earth, does not know the meaning of true peace. His joys are temporary and rapidly passing. No person or thing on earth can fully satisfy the thirst within your soul. You were made for Me, and I alone can bring you the perfect, all-satisfying happiness that you seek.

3. This supernatural friendship requires that you give your heart entirely to Me. This simply means that you will give due attention to every person and every duty in your daily life without giving them any more attention than they deserve. Your main desire must be to give Me all the attention and time possible each day.

4. If you make reservations in your self-surrender, if in anything you seek your own desires rather than My will, you will be hindering Me from giving you the special graces which I want to bestow on you. Your union with Me will be imperfect, and you will not be ready for my higher gifts. Offer Me the actions of your day. Repeat your offering at different times, and renew your intention to shut out all worldly self-seeking. In due time, when you have proved yourself, you will receive My most wonderful graces.

The way to peace and joy amid the demands of ministry!