

3.10.2018

## ONLY GOT A MINUTE Quest for Spiritual Time Management

We all have the potential to add new agendas to our life including, work, entertainment, volunteering, relaxation, chores, sports, family events, or prayer. Unfortunately, before we ask Our Lord how best we should spend our energy we too often genuflect before the “calendar god” for permission to allocate time from our 168 hour-per-week bank.



But imagine if God informed you that this was your last week to live. Would you check your TV guide to make sure you didn't miss any mindless programming? Would you block out your schedule to meet with your financial advisor? Would you arrange for that final round of golf, throw a party for your friends, or take a vacation? And if you did these things do you believe you would die in peace?

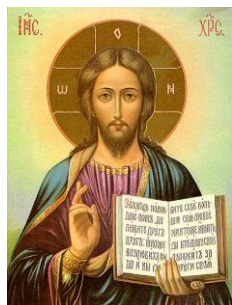
Or would you do something else? Would time with your family surface as your new #1 priority? Do you think you would write a letter to that estranged friend? Is there some organization whose plea for help might suddenly be heard? Or perhaps you would spend your last hours asking God for mercy for what you have done and/or failed to do.

IF WE SPEND ENOUGH TIME WITH GOD, HE'LL EITHER MAKE US STRONG ENOUGH THAT PROBLEMS WON'T BOTHER US OR HE'LL SHOW US WHAT TO DO ABOUT THEM.

If you have trouble imagining how you would spend that final week put yourself in the shoes of the prisoner on death row; the lonely grandparent with no family visitors; the child with no dad to play with; or the spouse with no one to love.

The decisions we make on how best to spend the time God gives us mandates that “spiritual” as opposed to “calendar” influences drive each hour, day, week, month, and yes, year. Those that do are less likely to be caught napping. “For you know neither the day nor the hour” (Mt 25: 13).

And speaking of the hour, Modern Comment today will address the story of a young man who offered Jesus only one minute each day. And at the hour of his death, that was all he needed.



### Matthew 25:1-13 – Be Ready

Then the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise.

The foolish ones, when taking their lamps, brought no oil with them, but the wise brought flasks of oil with their lamps. Since the bridegroom was long delayed, they all became drowsy and fell asleep. At midnight, there was a cry, ‘Behold, the bridegroom! Come out to meet him!’

WHEN I'M  
WORRIED, IT'S  
USUALLY BECAUSE  
I'M TRYING TO  
DO EVERYTHING  
MYSELF. WHEN  
I'M AT PEACE, IT'S  
USUALLY BECAUSE  
I REMEMBER  
THAT GOD IS IN  
CONTROL.

Then all those virgins got up and trimmed their lamps. The foolish ones said to the wise, 'Give us some of your oil, for our lamps are going out.' But the wise ones replied, 'No, for there may not be enough for us and you. Go instead to the merchants and buy some for yourselves.'

While they went off to buy it, the bridegroom came and those who were ready went into the wedding feast with him. Then the door was locked. Afterwards the other virgins came and said, 'Lord, Lord, open the door for us!'

But he said in reply, 'Amen, I say to you, I do not know you.' Therefore, stay awake, for you know neither the day nor the hour.

The Gospel of the Lord

### **Catechism**

#### **2710 - Contemplative Prayer Makes Room for the Holy Spirit**

The choice of the time and duration of the prayer arises from a determined will, revealing the secrets of the heart. One does not undertake contemplative prayer only when one has the time: one makes time for the Lord, with the firm determination not to give up, no matter what trials and dryness one may encounter. One cannot always meditate, but one can always enter into inner prayer, independently of the conditions of health, work, or emotional state. The heart is the place of this quest and encounter, in poverty and in faith.

if you don't have time to  
pray & read  
scriptures,  
you are busier than  
God  
ever intended you to be.

#### **2718 - Union With Christ**

Contemplative prayer is a union with the prayer of Christ insofar as it makes us participate in his mystery. The mystery of Christ is celebrated by the Church in the Eucharist, and the Holy Spirit makes it come alive in contemplative prayer so that our charity will manifest it in our acts.



#### **Modern Comment** **Lord, I've only got a Minute** **David Eich**

Can you recall a time when you "Calendar God" got into the time that God needed you to be the Good Servant you have been trained to be? You are on a Mission for God. Only you can do it.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID OR  
WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW  
YOU MADE THEM FEEL.

IF YOU FIND  
YOURSELF A BIT  
IRRITATED OR OVERWHELMED,  
IT'S A SIGN  
THAT YOU'RE SPENDING  
LESS TIME WITH  
GOD  
AND MORE TIME  
WITH THIS WORLD

**Questions for Discussion:**

1. Beginning at 9:00 a.m. this morning, can you plan how you will spend the next 168 hours of your life?

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2. Can you recall a time when your personal calendar took priority over God's calendar?

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**Men's Group Calendar**

**A Man who never quits is Never Defeated.**

3/24/2018	Leadership Meeting	8 AM Sacred Heart Library
<b>4/14/2018</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
4/28/2018	Leadership Meeting	8 AM Sacred Heart Library
<b>5/12/2013</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
5/26/2018	Leadership Meeting	8 AM Sacred Heart Library

**Men's Group Lent 2018** - Here are five things you can do to bring Christ into the emptiness we all have in our lives:

1. Spend time with the Lord in Adoration. Silence, weirdly and paradoxically, fills the emptiness. Because silence isn't an absence; it's presence.
2. Spend time with those who bring joy to your life. Family, friends, small groups and Bible studies, etc.
3. Invite Christ into your relationships more. Acknowledge His presence in every moment, whether you're alone or with others; pray together more; etc.
4. Ask God for deeper trust. It is SO hard trust God in these experiences. Doubting is okay, though, if we bring that honestly to Him. He can and will use that to bring you to a place of deeper trust in Him.
5. Just be. This is THE hardest thing to do. To just be in the emptiness, not running away from it, not trying to fix it or fill it. Letting Him love you and do the work He wants to do in you. In the meantime, you can reflect within yourself: What is Christ trying to teach me during this period of emptiness? How does Christ want me to grow from this experience?



Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.

Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.

Thank you for your tender mercies. I ask you to bless my family, friends and those who I meet in my comings and goings. Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, release in them a renewed confidence. Fill their every need with your Holy Grace.

You are indeed my Lord, God and Savior. Amen



**"Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power." -Mother Teresa**

**4 STEPS for EUCHARISTIC ADORATION**

<p><b>1 RECONGNIZE THE PRESENCE OF GOD</b> 15 MINS Place yourself in the presence of Christ</p>	<p><b>2 THANKSGIVING</b> 15 MINS Give thanks for all the blessings God has given you</p>
<p><b>3 PETITION</b> 15 MINS Ask for the world, the people around you and your conversion</p>	<p><b>4 ATONEMENT</b> 15 MINS Express your sorrow for the world's sins and yours</p>

Fill the Emptiness of Life with Christ. Allow a place for Jesus to reside in your heart. Spend time with Jesus.

May God Bless You.  
St. Hilary Men's Group