

.=: CRISIS NOVENA DAY 3 :.=.

I CAN BREAK MY PROBLEM DOWN INTO PARTS.

ACTIVITY TO DAY 3

Sometimes our crisis looms large because it is so complicated. Sometimes there are smaller parts of the situation that we can resolve. A medical problem may create the crisis. There may be relationship problems too, that make it hard for us to find the support we need. We might resolve to solve them right away, so we can more easily concentrate together on the medical situation. It is easy for us to dwell on things of the past and dread things that might happen in the future. If there are things in the past that trouble us, we can deal with them, and then leave them in the past. We might be tempted to play out every scenario the future might bring. It's not helpful for us to do that. We might be able to prevent several of those scenarios from playing out if we take action right now. That makes the difficulty a bit less complicated.

Our crisis might be made up of several different problems. We can separate them in our mind. We can write them down and begin to consider how we can deal with each of them separately. Then we can strive to enjoy this day God has given us. When we feel like dwelling on the past or the future, we can bring ourselves back into today. We can insist on making the best of this day. If God gives us another day tomorrow, we can do the same.

TAKE ADVANTAGE OF THINGS YOU FIND JOY IN

Don't focus totally on the crisis today! You might take stock of some of the things you truly enjoy. Go out of the house! Appreciate the gift of nature. Call a friend. Make contact with children or grandchildren. Go to a favorite peaceful place. Think of better things and better times. Know that better days are coming!

ONE DAY AT A TIME

God has given us the gift of this day. Just this one. We can't do much about yesterday. We certainly can't control tomorrow. When we focus too much on the past or the future, it's hard to enjoy just today. Again, take advantage of the things you can enjoy, just today. Resist the temptation to allow your mind to spin out of control, inventing scenarios for tomorrow or six months from now, or even dwelling on the past. We can let go of the past now, and make peace with it. If guilt is part of the past, we can make plans to make amends to those we have hurt and even celebrate the Sacrament of Reconciliation. We can pray the Serenity Prayer found at the

bottom of this e-mail. We don't need to do all of that today either. We can do our best to live and enjoy the worthwhile things in life, just for today!

PRAYER FOR DAY 3

Spend some time praying the Rosary, especially the Sorrowful Mysteries. In doing so we can see that the life of Jesus was out of control as well. Jesus needed to place his trust in God. So do we. Help in praying the Rosary can be found here:

<http://frpat.com/rosary.htm>

If the Rosary is not part of our faith tradition, we can spend fifteen or twenty minutes in the prayer of our own choosing. We might include Scripture or some of the memorized prayers from our youth. We might simply relax in the presence of God, asking God to help us become willing to let go of the area of our life that is in crisis. We can trust that God can do for us what we could never do for ourselves. Our prayer might also be stimulated by writing, playing a musical instrument or creating a work of art. We might go to Church too, light a candle and spend some time in prayer before the Eucharist.

CONCLUDING PRAYER

God, life is so complicated sometimes. As I deal with my problems today, they seem so overwhelming. Be with me and help me see what I can do today to make them less so. Help me understand how I can break some of them down into smaller units and deal with them. As my mind wanders today and I dwell on the past and dread the future, be with me and help me enjoy the beautiful day you have given me today. Give me the strength to walk out of my door this day, and enjoy your gift of creation. I ask this, through Christ, our Lord. Amen.

THE SERENITY PRAYER

God, grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right

if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next. Amen.

~Reinhold Neibuhr

CRISIS RESOURCES

I've written some special material and chosen some very good links that might be helpful to you during this time of crisis. They're found right here:

<http://frpat.com/crisisresources.htm>

STOP BACK TOMORROW

Be sure to stop back tomorrow for the material for Day 4! It can be found at:

www.frpat.com/crisisnovena.htm

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You may add a link to this Crisis Novena to your Web Site. There's more information right here:

<http://frpat.com/crisislink.htm>

Father Pat's Web Site is at: www.frpat.com

Come Back to the Catholic Church: www.cmonback.com

"Be still and know that I am God." Psalm 46:10