

.=: CRISIS NOVENA DAY 4 :=.

I CAN CHANGE THE WORDS I SAY TO MYSELF.

ACTIVITY FOR DAY 4

It's not easy to be in a crisis situation. We can feel so out of control. We can spin our wheels as our minds spin. We can regret things that happened in the past. We can dread things that might happen in the future. We can use words that are not helpful ...

TERRIBLE HORRIBLE

Using these words in connection with our crisis is not helpful. If something is TERRIBLE or HORRIBLE it has complete control over us. TERRIBLE and HORRIBLE things are not manageable. They can't change. They OWN us. These words and others like them are dangerous for us to use or to think. Today we can leave them alone and change them into ...

UNFORTUNATE DISAPPOINTING

Things that are unfortunate or disappointing can be handled and dealt with. We may not like these situations very much, but we can refuse to let them OWN us or keep us in deep despair.

"I love my wife very much. I have done all I can do to help her realize that. The fact that she no longer loves me and wants a divorce is disappointing to me. I'd like things to be different. It's unfortunate that this is the situation. But my life can go on. I can do the best to continue to raise our children. I can trust that my life can be happy and fulfilling, even if I'm not married to the one I love."

"I have cancer. I certainly would not choose to have this disease. I'm frightened sometimes, because I know many people who have died from this disease. I know others who have survived and are living happy lives. It's disappointing that I have cancer, and I know my life will change. I'll receive treatments. I won't feel physically well sometimes. It's unfortunate that this is happening in my life. Still, I feel pretty good today. I can enjoy the gift of nature. I can enjoy family members and friends. I can eat my favorite foods today. I can accept the gift of this one day as a treasure I receive from God. I can steadfastly refuse to allow this day to be ruined by self-pity. If I'm given another day tomorrow, I can do the same."

Today we can resolve not to use words like TERRIBLE or HORRIBLE when we speak about or think about our crisis. We can enjoy this day as a gift from God. If we receive the gift of 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 4

Spend some time praying the Rosary, especially the Glorious Mysteries. Many times Jesus disciples felt they were all alone ... as Jesus ascended into Heaven and Mary was taken to heaven. God was also faithful to those disciples and sent them the Gift of the Holy Spirit to provide all the help they needed. 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, I thank you for the family members and friends who have supported me in the difficult times of my life. They are not perfect, and sometimes they make mistakes. Still, there have been times when I have been helped

by their understanding and support. I acknowledge my need for others. Help me acknowledge my own powerlessness. Help me become ready to receive help from those who have been there for me in the past. Give me the courage to share my difficulty with at least one other person. Help me empty myself that you can give me the help I need.

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 5! It can be found at:

<http://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