

.=: CRISIS NOVENA DAY 7 :.=.

I CAN ACCEPT THE THINGS I MUST ACCEPT.

ACTIVITY FOR DAY 7

“God, Grant me the Serenity to accept the things I cannot change, Courage to change the things I can and Wisdom to know the difference.” These words of Reinhold Niebuhr are known as the Serenity Prayer. It’s one of the most loved prayers of all time. It can be your prayer, too!

A man once told me, “You know father, there are certain things in life that you just have to live with.” How true that is! Still, it’s tempting to look forward to that day when we’ll feel no stress or trouble at all. If we’re honest though, we’ve learned to be more loving through dealing with the difficulties of life. We can accept the fact that today, things in our lives are just as they should be. We may not particularly like or enjoy them, but they’re part of our lives right now. We can go back to Day One and embrace them. They don’t have to get us down. Sometimes we can work around them. If we feel physically or emotionally some days, we can capitalize on that and do things we’re that aren’t as easy for us on other days. When living “One Day at a Time” seems to tough, we may need to live one “minute” or one “second” at a time. As we accept our difficulty and resolve to live with it, it’s power to harm us is reduced. When we stop telling ourselves that things “shouldn’t” be this way and accept that fact that they are, then we’re on the road to better times. Today, I can accept my life just as it is.

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 7

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, there are many things about my life I would change if I could. Still, I know there are things I need to accept as part of my life right now. When I do so, I can enjoy my life much more. Be with me in my difficulties and help me accept them and make the best of the limitations I have at this time. Help me understand that acceptance is the answer to all of my problems. You tell me that when I find life burdensome that you will help me bear them, "For my yoke is easy and my burden light." As I accept the circumstances of my life today, help me. Give me the courage and strength I need this day. Help me to know that I remain always in your loving, healing and strengthening care. 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 8! 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