

# Give Thanks For What You Have



... How Much  
Do You Have?

## All Time Belongs To The Lord

In a recent study, more than 40 percent of adults admitted they felt they were on a treadmill and couldn't get off; and almost double that number said they would like more time to "stop and smell the roses". How about you?

We live in a culture that no longer values solitude. We go from one meeting to the next, one deadline to the next, one activity to the next. Stress has become a status symbol. Too often we fail to quiet ourselves enough to hear what God would say to us - if only we were listening.

Be aware of the physical, spiritual, and emotional burden that accompany a lifestyle that's stretched too thin.

Contrary to the way we often feel, we're not on our own, the weight of the world isn't on our shoulders, and the responsibility for our lives and everyone else we know isn't ours. It all belongs to Jesus. We need to understand God's love for us.

Jesus clearly tells us what our priorities should be - "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind." (Matthew 22: 37)

How do you love God? First, you have to get to know Him - and that takes time. Spend quiet time with God - time to pray and listen to His voice. Life can appear very frazzled when you neglect spending time alone with God - instead spending time on other things. Let Him guide you in your use of time.

## Some Ways To Slow Down and Savor Life

\* Choose the longest line at the supermarket and, instead of stressing, use that **time to pray or think** about where you are spiritually or how you are helping or can help others.

\* Determine certain hours during which you will answer the phone. Outside of those hours, let the **answering machine** handle calls, then return the call when you have the time.

\* Sit quietly, listening to some of your **favorite music** near the end of the day.

\* Start a **"Thanks Journal"**. Before you go to bed, list 5 things you are thankful for. Don't limit yourself to "things", be sure to include people and relationships too. A "Thanks Journal" will help you see all the good that exists in your life because you really do have much to be thankful for. With Jesus, we all do!

\* Take a **long walk** after dinner.

\* **Call a friend** you haven't had time for lately. Make plans to have dinner or see a movie.

Everything you do that keeps you from praying detracts from your spiritual life. Put aside those things that steal your time and keep you from spending time with God. Consider a short weekend retreat where the distractions of your everyday life are removed, and you can focus on yourself and your relationship with God. Allow God to speak to you in the quiet. Some of the richest times you'll know in life will be those spent in solitude with God. Don't miss these opportunities.

# Where Does God Fit In?

Like many people, you may not consider yourself greedy - but do you have more clothes than you need to wear in week, a month? More dishes than you or your family ever need? More books than you'll ever get around to reading? More gadgets than you have time to use? More knickknacks than the gift shops you purchased them from?

*"Jesus said to the crowd, 'Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions.'" (Luke 12:15)*

Maybe you simply need to reduce the things that overcrowd your life. They require time to upkeep. Your freedom is being stolen by organizing, rearranging, dusting, and planning what to do with or where to keep these things.

Living with too many things can make you feel bogged down because they require so much of your time (whether you realize it or not), and when you can't do everything you want to, you end up feeling frustrated.

Start eliminating the excess in your life and you will develop a stronger sense of freedom to grow. Job, bills, laundry, family commitments, long commutes are stressful enough!

Clutter makes any situation feel more difficult than it is simply because it takes longer to see through it, around it, over it.

*"Seek first the kingdom of God and His righteousness, and all these things will be given you besides." (Matthew 6:33)*

So what is it that you can tackle - the linen closet, the medicine cabinet, your to-do list, your calendar, etc.? Once you have completed even just one step, you will feel a grand sense of accomplishment and a feeling of success.

*"I came so that you might have life and have it abundantly." (John 10:10)*

How do you choose what stays and what goes? List everything in order of its importance to you, now and in the future. You will probably find that your list is shorter than you think. What are you really attached to - goals? dreams? possessions? career? More likely, it's relationships (friends, family, neighbors, etc.). So devote more of your time to the people in your life.

**Come pray with other women in the parish, and discover the gifts and blessings God has given you!**

**WOMEN'S CORNERSTONE**

**CORPUS CHRISTI PARISH**

**For more information, contact:**

**The Parish Center - 201-288-4844**

## The "Seven Days" Test

Here's one way to determine what is really important and essential in your life. Consider this ...

**If you only had seven days left to live, what you spend that time doing?**

If the answer is not what you are doing, then find a way to minimize those things that are keeping you busy. Conversely, if the answer is what you are doing, find ways to spend more time doing these things.

**Here's What Jesus Did During His Last Seven Days**

He stayed at the house of his friends (Mary, Martha, and Lazarus); He got rid of the distractions at the temple (the money-changers); He taught His disciples; He spent time quietly praying to His Father; He humbled Himself and knelt down to wash the dusty feet of His disciples; He voluntarily submitted to be nailed to a cross and died because it was the Father's plan for Him; and then the most amazing thing happened, He rose from the dead! All in just seven days!

Sure we could all probably use time to straighten out our finances; clean out a desk, drawer, or closet; pull together a photo album, etc. And God knows your desire to do good, your desire to do more, and your desire to be happy. But in the grand scheme of things, life really is short. Don't allow yourself to get caught up in the day-to-day duties of things to do while you miss out on the joy and true meaning of life.