



Answering Christ's call,
we guide people to encounter Him
so as to live in hope, as pilgrims in daily life.

Meet the Master

Monthly podcast to discover Jesus the Master; encounter him through a presentation, Scripture, and reflection

July 2021 – Look to Jesus for Direction

Scripture: *The Spirit of the Lord is upon me because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.* Luke 4:1-19

Virtue: Temperance - It is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion. "Temperance is simply a disposition of the mind that sets bounds to the passions." St. Thomas Aquinas

Church Teaching: (Catechism of the Catholic Church # 898 "By reason of their special vocation it belongs to the laity to seek the kingdom of God by engaging in temporal affairs and directing them according to God's will. It pertains to them in a special way so to illuminate and order all temporal things with which they are closely associated that these may always be effected and grow according to Christ and maybe to the glory of the Creator and Redeemer."

Spiritual Exercise

Father Shawn Monahan, OMV, a priest with the religious community called the Oblates of the Virgin Mary gives us a guide to discern God's will:

Discerning God's will means learning to listen to God's voice in our hearts and follow what He wants for our lives. Through discernment, we practice being an active and engaged listener, strengthening our relationship with God through prayer and trusting that God would only lead us down a path of happiness and fulfillment.

Discerning God's Will requires the three Ds: desire, data and, finally, discernment.

- **Desire:** Emotional awareness. Are you excited or afraid? Learn to be honest with yourself.
- **Data:** Gather information on what the options are, where they are coming from, and what they would mean for your life.
- **Discernment:** Choose the option that increases faith, hope and love in your life.

People often look for signs from God outside of themselves as they determine their paths, but everything we need to know is in our hearts. Discerning God's will involves sifting through your desires and using the data and information you've gathered on each choice before making your decision. When you see the option that brings an increase of faith hope and love to your life, you can have faith and trust in your decision, knowing it's from God.