



# Stuff We Should Be Doing Every Day

Here's some good and healthy habits grounded in Charity that should come as naturally to us as breathing, but often fall out of our daily regimen -- sometimes too easily (if we're honest with ourselves).

## **START THE DAY WITH PRAYER**

Some of our lengthy prayer regimens notwithstanding, prayer in its simplest form is union with God. Some mornings that may amount to little more than turning to Him with a sigh. Not to worry, because that's still a prayer... and maybe even a good starting point for some. Find it difficult to commit to saying The Rosary? Simply read a Gospel passage if available, give your cares to Our Mother, talk to God a bit and listen. And there you have the basic makings of saying The Rosary, even if you were to fan it out across your entire day.

## **BE CHARITABLE. Put your best self out there. Smile. Be kind and helpful.**

This very well might be the most challenging habit of all, considering the dominant state of mind in the world at present. All the more reason to get in the habit. First, to get ourselves out of the habit of being rude and inconsiderate to others, a habit born of fear and pride. Second, so others who are in so much need of love can see the Face of Love. How else will they know what it looks like? They will know we are Christians by our love.

## **VISIT SOMEONE. Call a friend. Communicate something worthwhile online if nothing else.**

In most cases, this may very well be the easiest on the list to accomplish. Whatever opportunity presents itself (even if you have to push yourself to the point of sacrifice, even at great personal cost), do this in such a way as to glorify God.

## **TALK ABOUT GOD**

Truly, this can be done all throughout your day, even if your lips don't happen to be moving during a 'conversation.' Think about it. We talk about all sorts of useless things to pass the time. What we ate for lunch. another cat meme, the latest news click bait, yet another pointless political argument, etc. How does that and the endless cacophony of other noise compare to God? No comparison, obviously, and sometimes a conversation about God can spring from no words at all, except for the silent 'words' of peace that are written on your face when you're thinking about Him. "What are you thinking about?" Ahhh, there's your opening.

## Stuff We Should Be Doing Every Day *(continued)*

### **MAKE A SACRIFICE**

Sure, you might have accomplished this in one of the earlier daily habits listed, but since you're on a roll now, why not go for it. Turn off the TV and spend quality time with loved ones. Say "no" to that piece of pecan pie that's beckoning. Hold your tongue when the urge to win that argument seems all too easy. Isn't it in overcoming the little, often petty human urges in life that keeps us on the way of becoming holy?

### **SERVE**

Look for at least one way to serve someone other than yourself every day. Again, this is often to be found in the little and ordinary moments of life. Don't set your goal so high as to be unrealistic. God doesn't look at the difficulty or greatness of the task, as we see it, but He looks at the love with which we did it.

### **END THE DAY WITH PRAYER**

Take some time at the end of every day to reflect and examine your conscience.

Good day?

Bad day?

Let the failures and hurts go and resolve to do better.

Forgive.

Most of all, thank Him!

God always... ALWAYS deserves our gratitude.

