



# De Sales

SPIRITUALITY SERVICES

"practical paths to holiness"

*"Accepting Yourself where you are"*



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"Persevere in thoroughly conquering yourself in the small daily contradictions you receive; make the bulk of your desires about this; know that God wishes nothing of you at present but that. Busy not yourself then in doing anything else; do not sow your desires in another's garden, but cultivate well your own. Do not desire not to be what you are, but desire to be very well what you are. Occupy your thoughts in making that perfect and in bearing the crosses, little or great, which you will meet. Believe me, this is the great truth and the least understood in spiritual conduct." (*St. Francis de Sales*)

When we were growing up we were taught that we could become whatever we wanted to be. Most of us had dreams of becoming someone great, and doing wonderful things for humanity, but what we become is often nothing like our dreams.

Still many of us continue to dream. We still look for opportunities to do something great for God and so are not satisfied with who we are or what we are doing now. We continue to be concerned about our abilities, our productivity and if we are keeping up with our neighbors. What

concerns us most is how we come across to others, whether our efforts are great enough to be recognized by others, or whether we can be just like someone else that we admire.

We worry about what we are not: "I am not the leader in my community, or I am not the most patient or most generous person." We are often not satisfied with who we are, and overlook our gifts and strengths as insignificant or unimportant. St. Francis de Sales reminds us: "Do not sow your desires in another's garden, but cultivate well your own."

How can we put this advice into practice in everyday life? Through prayer and reflection. We can come to understand our own strengths and realize that God's will for us is great, regardless of whether it affects a nation or just one person.

In daily prayer, call to mind at the beginning of the day what you expect to take place and how you can follow Jesus through your actions. Examine your conscience at the end of the day to review how successful you've been. By keeping in mind what your goal is for each day and what gifts God gives you to share,

you can enjoy each moment because it will already be dedicated to God's will.

It is a freeing experience not to have to worry about "what will others think?" as long as we follow in Jesus' footsteps. This gives us the opportunity to be thankful for what talents God has given us. This is all God is asking of us. Jesus tells us that "the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirty fold." [Mt. 13:23]

We can best honor God's will by focusing on our talents, accepting who we are, and by being open to God by living in the present moment. We, being open to that, are instruments of God's power and possibility.

The talents and abilities God gives us for our use to accomplish the Divine will at that moment in time is His gift to us. By recognizing this and accepting it we can see more clearly God's will for we can best bear this fruit or use our talents by accepting who we are being open to God living in the present moment.

