



Minute of Mercy

SELF AWARENESS / SELF KNOWLEDGE

Faith and reason are like two wings on which the human spirit rises to the contemplation of truth; and God has placed in the human heart a desire to know the truth – in a word, to know himself—so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves.

St. John Paul II

In the above quote from our beloved St. John Paul II, he gives us the ingredients to begin that search to truly know ourselves. We must ask ourselves three questions that man has asked from the beginning of time: Who am I? Where did I come from? and Where am I going? Sadly, the present culture seems to have forgotten, simply does not care enough, or take enough time in the stillness of silence, to pose these most important questions. Our current culture demands and expects speed; this is the remedy for mindless, selfish and chaotic lives leading to nowhere and certainly cannot produce peace.

We do not obtain the answers to these questions in short order; rather it is a process, an ongoing process, a lifetime perhaps. As St. John Paul II said, God has placed the desire to know truth and with our faith and reason we can come to know God more intimately. The more we know God, the more we shall love Him and in turn we come to know who we are. When we see ourselves for who we are, it could be discouraging to realize the chasm between God and ourselves; but lo, the Consoler shall be there to pick us up and bring hope and joy for us to strive to become that which God has made each of us to be. It is in knowing truth that will set our spirits free!

There are many avenues to seek the answers to these questions, not the least of which is to meditate upon the commands God gave us through the Ten Commandments. In His mercy, God provided a guide for our fallen nature to master. His Will is for us to find true peace and true happiness. There is a plethora of spiritual books which can be helpful, and one example might be The Imitation of Christ by Thomas A. Kempis. Seek reliable and orthodox books that Holy Mother Church recommends as not to be taken off the right path.

Mercy in Action

*This week's **Mercy in Action** is for all of St. Peter Parish to reflect deeply with an Examination of Conscience aid. Copies can be found on the Year of Mercy table and on the St. Peter Parish App.*