



Opportunities

Listen to [this](#) song with words inspired by a prayer by St Teresa of Avila



[Listen](#) to what Fr Columba has to say about Holiness.



Do you want to experience Christ's spiritual life, or remain a 'tin soldier'?

[Watch](#) this alternative telling to 'The Obstinate Toy Soldiers', in CS Lewis's book 'Mere Christianity'.



During your times of prayer this month, you might like to print out and pray [this prayer](#) by Thomas Merton.



'Finding God in the Centre': This is a 6 week [online retreat](#) opportunity beginning in October



Listen to [this testimony](#) of life where God became the center.

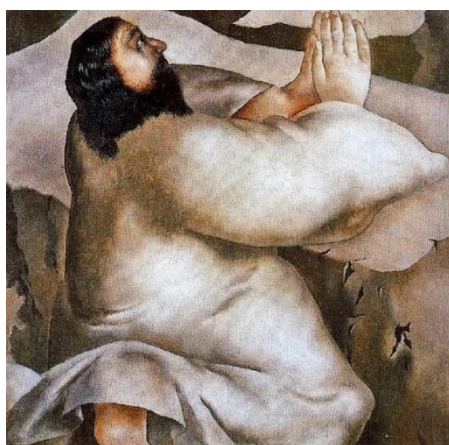


Get involved in national retreat week from the 23rd September:

[Renewal | be transformed by the renewal of your mind](#)

Holiness

'Love the Lord your God with all heart, soul and mind.'



Write down the common themes of your longings and notice prayerfully whether these longings are drawing you away from God or towards God.

- Light a candle.
- Be silent and still; know God's love for you.
- Prayerfully repeat the following scripture verse for a few minutes and ask God what it would mean for you to grow in holiness and be more like him. Write down anything you sense God is telling you.

'But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy because I am holy" (1 Peter 1:15-16).

- In prayer, recognize those things that draw you away from God, and in prayer ask for

God's help to make Him the centre of everything, trusting in Him always.

- Pray this beautiful prayer by St Augustine:

'Breath in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy.'

- Finish by praying the Lord's Prayer.

Growing in holiness costs us.

Once we realize that we own absolutely nothing, we are enlightened, and a weight is lifted from us, and our hearts grow lighter. A helpful exercise is to scan slowly over the world we have built around us and say of every item in it: 'Not mine; just on temporary loan ... This house – not mine, just on temporary loan; those books – not mine, just on temporary loan; these fingers - not mine, just on temporary loan; my mind - not mine, just on temporary loan.' It takes a long time to carry out this exercise properly, but when it is done sincerely, the result is a clear mind and a light heart and a growing closer to the heart of God. One example of this is Saul on the road to Damascus. Saul was such an obstinate person that it was necessary for God to seize him by the scruff of the neck, fling him to the ground, and strike him blind before he would turn towards the light. And even then, it took him many years before the light permeated the whole of his being, and he could be described as truly enlightened.

'Be Holy, for I am holy,' says God.

But what does this look like in everyday life? Being holy isn't natural. Do you think we live in a world that values holiness?

Do you find this command a little intimidating? Surely, God alone is the infinitely holy one.

St. Anthony, a 3rd Century desert Father, once said this:

'He who sits alone and is quiet has escaped from three wars: hearing, speaking, seeing; but there is one thing against which he must continually fight: that is his own heart.'

Growing in 'purity of heart' through spending time with God and seeking to make God the centre of our lives is a way to holiness.

A little exercise:

Find a scrap piece of paper and scribble answers to the following question: 'What do you long for in life?'

Don't censor what you are writing, and don't be surprised if you find this difficult initially. Scribble over a couple of days; there is no rush. Write down all that comes to mind.

When you feel you have scribbled enough, read over what you have written and see your priorities. What is your root desire over all else? Note if some of what you have written is incompatible. Examples of incompatibility might be my desire to be popular versus my desire to be transparently honest, my desire to be generous and my desire to have a secure bank balance, my desire to be understood and my unwillingness to listen to those who bore me, and so on.