

Seek Harmony, Wholeness, and Holiness

+ Live the Great Commandment:

Jesus said to him, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbor as yourself. On these two commandments hang the whole Law, and the Prophets too. (Matt 22:37-40)



+ Follow the Way of Jesus and pray for your enemies as well as your friends:

To do this is right, and acceptable to God our Savior: he wants everyone to be saved and reach full knowledge of truth. (1Tim 2:3-4)

+ Act justly, love goodness, be humble:

You have been told, O mortal, what is good, and what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God. (Micah6:8)

+ Seek the grace to have control of your senses:

Nobody who fails to keep a tight rein on the tongue can claim to be religious; this is mere self-deception; that person's religion is worthless. (James 1:26)

+ Seek to understand and correct all disordered passions:

Everyone is put to the test by being attracted and seduced by that person's own wrong desire. (James 1:14)

+ Pray always to recognize the traps, deceits, and entanglements of the evil one:

Stay awake, and pray not to be put to the test. The spirit is willing enough, but human nature is weak. (Matt 26:41)

+ Understand that spiritual help is always available during temptations:

None of the trials which have come upon you is more than a human being can stand. You can trust that God will not let you be put to the test beyond your strength, but with any trial will also provide a way out by enabling you to put up with it. (1Cor 10:13)

+ Be at one with the will of our Heavenly Father:

Do not model your behavior on the contemporary world, but let the renewing of your minds transform you, so that you may discern for yourselves what is the will of God-- what is good and acceptable and mature. (Romans 12:2)

+ Pray for persevering grace to strengthen faith and the desire to do good works:

You must therefore be perfect, just as your heavenly Father is perfect. (Matt 5:48)

+ Become close to angelic guardianship and protection:



Make yourself familiar with the angels, and behold them frequently in spirit; for without being seen, they are present with you. (St. Francis de Sales)