

Step 5
Self-Check, Part 1

Around the middle of your day take a few minutes or moments to see how you are doing. Are you keeping your resolutions? Are you successful at practicing certain virtues and/or avoiding particular sins? Thank God for the good; ask God to forgive you where you have failed; renew your resolve and continue to live today well.

Step 6
Self-Check, Part 2

Review your actions during the day. How did you do? Thank God for the virtues that you practiced and the good that you achieved. Ask God to forgive you for the sins you may have committed, including any good that you failed to do. What lessons have you learned? How can you apply them to tomorrow?

Step 7
Calling it Quits: Retiring

As you retire, consider that sleep is a reminder of your limitations and a foreshadowing of death. Ask God to protect you during the night. Ask God to give you a restful sleep. Ask God for the grace to rise tomorrow renewed, refreshed and ready to embrace the gift of a new day.



Visit us on the Internet:
www.oblates.org/dss

Email us:
dss@oblates.org

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A Simple Way to Seize the Day

**Based upon the
Spiritual Directory of
St. Francis de Sales**

**De Sales
spirituality
Services**



A Salesian “Organizer”



Step I

The Direction of Intention

If you wish to make progress in following Christ, ask for the help of His grace at the beginning of each action, offering to God all the good that you may accomplish. In this way you will prepare yourself to bear with peace and calm all the tasks and challenges that you may experience during this day as expressions of God’s Will for you.

Step 2

Beginning a New Day: Rising

Upon waking, you should turn your attention to God by a thought such as this or one similar to it: “Sleep is the image of death—but rising is that of the resurrection.”

As you dress yourself, say: “Clothe me Lord, with the mantle of innocence and with the robe of charity.” Add any other virtue that you will need to practice during the day ahead.

Step 3

Prayer

Although the Direction of Intention aims at making your whole day a continual prayer, your efforts at doing this

are strengthened by the practice of mental prayer. Embrace a method and model that fits your particular situation in life. Whether the time you set aside is long or short, make the commitment to pray each day. Raise your mind and heart to God so as to acquire the mind and heart of God.

Preparation of the Day

Talk over with God how you should live your life this day. Try to foresee all that may occur. Be prepared for that commute to work or the trip to the grocery store. Any meetings scheduled? Consider the folks with whom you will deal and interact today. Anticipate all that might be required of you. Give specific consideration to the virtues that may be especially helpful or warranted this day.

In addition, ask for the courage to gracefully embrace all that you do not foresee, the surprises that this day may have in store for you.

Meditation

Mental prayer should include the following things:

- Place yourself in God’s presence.
- Considerations: What is the focus of your prayer today?

- Affections: What feelings do your considerations produce?
- Resolutions: What “game plan” will you make, that is, how do you intend to live this day well?
- Act of thanksgiving or gratitude to God: Live gratefully, graciously.
- “Bumper sticker:” Take a word or thought from your preparation and prayer that you can take with you throughout the day, reminding you of your goals and resolutions.

Step 4

Interior Remembrance of God

Think about the presence of God in all things—especially the place, relationships and circumstances in which you find yourself—during the course of this day. Ask yourself: “Who is God: What is God doing?” “Who am I: What am I doing?”

Even in the midst of the busiest moments, it is always possible to recall in your mind and heart who you resolved to be—and how you resolved to live—this day. A simple word, thought or affection is usually all that is required to remind yourself.

Stay centered. Recall your sacred dignity; recall your sacred destiny; remember the people and things in life that really matter.