

ABCs of Salvatorian Life, Vol. II



MEDITATE

Even when your workload is great, spend 1 hour each day in meditation, if your health permit..

[Father Jordan, *Spiritual Diary*, 1/48]

Do not conform yourselves to this age, but be transformed by the renewal of your mind, so that you may judge what is God's will, what is good, pleasing and perfect.

[Romans 12:2]

Don't just examine your sins; examine their roots and yank them out.

[Father Jordan, *Spiritual Diary*, 1/29]

Meditate occasionally on your own corruption, evil, weakness, etc., to come to know yourself even better. For comparison, meditate on God's holiness, power, greatness, love, mercy, etc.

[Father Jordan, *Spiritual Diary*, 1/50]

An apostle lives by 'both-and'; at first, he is close to Christ in prayer, liturgy, and meditation, and from this fuels his mission and message.

[Fr. Karl Hoffmann, SDS, "Wholly Contemplative and Active!" *Dialoguing with Father Jordan*, p. 120]

Reflection Starters

- How do I take time in my day to meditate, to reflect, to praise?
- When I do take the time, upon what do I choose to meditate?
- When and how has my life been impacted by meditation?

For further reading and reflection:

1. Father Jordan, *Jordan Talks*, 1897/09/17.
2. Blessed Mary of the Apostles, "Evening Thoughts." (1853), *Poems by Therese*, p. 25.