

ON MY MORNING EXERCISES

Most mornings I take a walk! On that walk I mentally proceed through a spiritual exercise that has taken several years to develop to the point at which it now exists. One morning I had the idea of writing it down in narrative form, in case someone else could benefit from it – it is my hope that you are one such person – or you might know of someone to pass this on to. The following is just about word for word, if not concept for concept that I review each and every day, walk or not:

Glorious Father, Glorious Son, Glorious Spirit: good morning!

I fully surrender (as much as I possibly can) my will to Yours, heavenly Father.

Grant that I may love Thee always (by giving you glory, praise and thanks in everything that I think, say and do), but most especially by respecting and loving the people you have placed in my day, as I respect and love myself – thus proving my love for you.

Now, and *now*, and each new *now* of the day: do with me what Thou wilt!

Come, Holy Spirit – come with your light (of mind), and your grace (in heart) and your strength (in body) to help me to seek and find that Father's exact will – and to do it, empowered by you – no less and no more!

Lead me Holy Spirit to my Duty. For in holy duty lies the Father's will and the Father's peace! Let me do my duty as Jesus obediently, lovingly and faithfully did his every moment of his life!

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My first duty is to recall, recognize and celebrate the fact that I am immensely loved by You, heavenly Father. YOU LOVED ME FIRST – before I was ever made, before anything was ever made. Then, you made my environment, then you made ME. I am cut from the fabric of your love!

This means that I am *so very loved*,
it means that I am *so very lovable*,
it means that I am *so capable of loving all other people* – if I use the tools you have given me to do it – this includes those who are easy to love, and those who are not so easy to love!

Now, if you love me in this enormous way – it must be true that you love everyone else that I can see in the world this day the same way too! *They are so very loved* (each and every one of them), *they are so very lovable*, *they are so capable of loving all other people* – including me!

If you love US (as individuals and as a group) this much, then it is certainly our **immediate and primary duty** to LOVE YOU BACK from the depths of our hearts and being: and in the way you have told us that would please you: GIVING YOU GLORY, PRAISE AND THANKS in all things; and LOVING ONE ANOTHER, as we LOVE OURSELVES. This begins with *respecting one another, as we respect ourselves*.

The venue in which I do this loving originates in the Church where I was ordained; and extends into the Church where I reside. These are my spiritual moorings!

How I know exactly what to do from moment to moment is by: being SILENT, so that I can LISTEN to the voice of God speaking to me, so that I can OBEY – so that I can do my duty! I call this “living my day from the quietude of my soul!”

A primary duty is to proclaim by the way I live that Jesus is JOY, Jesus is HOPE and that Jesus is PEACE for people and a world that needs to know these things so very much!

The next thing is that I do is to proclaim that
by Death and Resurrection of Jesus:

Death is transformed into LIFE
Darkness is transformed into LIGHT
Hatred is transformed into LOVE

Sin is transformed into FORGIVENESS

Selfish self-centeredness is transformed into SELF-LESS
SELF-GIVING

Then I pray that the Holy Spirit will release most fully in me the gifts
and charisms that he has already given me in:

BAPTISM – the theological virtues of FAITH (to relate with God on
his own level), HOPE (a permanent yearning for eternal beatitude in
heaven), CHARITY (the power to give myself self-sacrificially in
service to others in order to achieve heaven).

CONFIRMATION – the Gifts of

WISDOM – divine light for myself – and to share with
others

UNDERSTANDING – ability to comprehend what God
wants to relate to me – and the ability to help others to
understand

COUNSEL – the ability to form my conscience rightly and
help others form theirs by presenting information for their
consideration

PIETY – holy reverence for all things and all people –
treating everything and everyone as though they were
“sacred vessels on the altar”

FORTITUDE – strength, courage and peace in the face of
opposition to right Christian living

FEAR OF THE LORD – the ability to constantly stand in
the presence of God giving him great respect and awe
and love

EUCCHARIST: the working of the Holy Spirit
which makes Christ REALLY PRESENT,
which give us on earth a true, valid and worthy “object of
ADORATION,”
which gives us spiritual NOURISHMENT for all our
spiritual needs,
which gives us spiritual ENERGY for all that we need to
do for ourselves and for others to live upright lives,
which give us spiritual MOTIVATION to want to do as
Jesus taught and did – ceaselessly giving ourselves and
our lives for others – even to the point of death, if
necessary

ORDINATION

The gift of being configured to Christ the Head. I share – in the life of
the Body of Christ as both a member of the “body,” but also as a
member of the “Head” - which is Jesus himself: *Jesus, Shepherd;*
Jesus, Teacher; Jesus, Priest!

I pray that I get completely out of my own way so that Jesus
may use me, by the working of the Spirit – to continue his
ministry with the limited number of people that he places in my
life.

I do this by engaging in “pastoral charity,” as Pope John Paul II called
it: being assigned a task – in the ordinary chain of command – and
the joyfully, yet quietly, but enthusiastically doing the duty wherever
the location might be, then leaving as quietly and joyfully and now
thankfully as I can!

Especially: to celebrate EUCCHARIST – which is the summit of
the Christian life and the very source of the strength of my
ministry;

to celebrate PENANCE – the magnificent sacrament
of reconciliation which directly applies the merits of
the death of Jesus and the mercy and forgiveness
that he accomplished by it

to celebrate the LITURGY OF THE HOURS
which is entrusted to me to pray, with the whole Church,
and with Christ to give his Father and ours Eternal Praise
and Glory at every hour of the day!

I ask to do these things using the priestly virtues of:

HUMILITY

OBEDIENCE

JOY

PRUDENCE

PATIENCE

RESPECT / COMPASSION / MERCY / CHARITY

SIMPLICITY OF LIFE

INTEGRITY OF LIFE

FIDELITY TO MY LIFE

All kept together and working fully by CONSTANT devotion to the
MOST BLESSED TRINITY: GLORIOUS FATHER, GLORIOUS SON,
and GLORIOUS HOLY SPIRIT.

Then, I close by reminding myself of FIVE ASTOUNDING FACTS in
all of human history: (just to keep them alive and playing somewhere
in my mind):

1) The INCARNATION of Jesus

2) His CRUCIFIXION

3) His RESURRECTION / ASCENSION / PENTECOST
EVENT

4) His coming as KING OF MERCY

5) His final coming as JUST JUDGE

and then I reflect on the amazing fact that out of all of the
people on the face of the earth this day, he has called me
to be a priest of the New Testament – a steward and
distributer of the very mysteries of God!

Then, I go and begin the duties of the day...

This is how I do it – to this date – maybe it can help you to begin or to modify your own “morning spiritual exercises” custom made for you!

Father William Dinga, Jr.
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Feast of St Rose of Lima