

Perhaps sometimes it is our families who miss out the most, when after being attentive all day long we run out of steam.

A layman spoke to me recently of a man recently Priested. He'd known him a long time "The big change in John" he said, "is that he is now more attentive, less distracted.": That's a lovely insight....

( 2) ***Purifying the senses:*** What are the recurrent temptations and the potential addictions of your life? How you are dealing with them?

( 3) ***Inner conversation.*** What do we talk to ourselves about? Who makes up the audience in our head? Is there a sign of a turn from the ego towards God? Is there a place for the Jesus prayer and prayer like it, to make our inner conversation more God centered?

( 4) ***Conversation with others.*** What marks our conversation? Is it charity and humility? What is the temptation to gossip? Are we mindful of when ambition and other factors interfere in fair minded comment on others? Do we withhold affirmation in uncharitable fashion?

( 5) ***Finding and accepting our place in the body of Christ.*** Are we at home with who we are and what we are given? Do we trust that God will bring the next thing to being out of that which we are given to do now?

( 6) ***Recognising our frailty.*** Our capacity is, like Paul, to do other than the good we would do? What have we learned from the mistakes we have made when tired or stressed?

( 7) ***Evolving our prayer life.*** Do we still think we are doing God a favour by saying our prayers? How well do we prepare to read the Bible? How well do we prepare for Holy Communion?

( 8) ***Simplicity.*** Do we travel light and love much or do we spend too much time preoccupied with our material situation?

( 9) ***Difficult people.***

Dealing with difficult people and in particular dealing with rejection can be an issue for us to reflect on. As God teaches the soul not so much by ideas as by pain and obstacles.

That is perhaps the tough way of saying it. More promising is the view of Saint Ignatius "Few people suspect what God would make of them if they placed no obstacle to His work."