



**THE PASCAL JOY IS THE JOY OF LIVING**  
**This should be our daily living**



We are the salt, light and leaven,  
ingredients of a daily  
and normal way of living.  
Our life style should also be like this,  
something very common to JM,  
proceeding from the Ignatian Spirituality:

*"Finding God in everything  
and everything in God"*



# 1- RETURN TO GALILEE



Return to Galilee, don't stay at the tomb, don't stay in the darkness, turn to your ordinary life, to your own Galilee, because Jesus is there, He has gone back to His daily life..



The ordinary life is in the daily living. If you live the everyday life, you can speak with authority and knowledge, be yourself. What matters is to be ourselves. You are the message, let the others read you. You are the Good News that is alive. The life is here and now, today. Remember that we are alive. The little children know this very well, they plunge into life with all the energy. "Be like children!" I am alive! This is the great Good News. (Pablo d' Ors).

*Meanwhile the eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, "All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time." Mt 28, 16-20*

The Gospel of the Lord!

Praise to you, Lord Jesus Christ!



Where is my Galilee?

How are my relationships with others?

What references of life do I have?

Do I take part in bettering the world?

# 2- OUR THOUGHTS CONNECT US WITH LIFE

Genuine thoughts always has something creative. They are supposed to be a continuous creation. In every thinking we are literally creating. It is not a mere entertainment, but a reliving, born again. This is the magic of the mind and of attention, of meditation and of prayer. That is why the reading of the Gospel is so healthy. Genuine thoughts come up when words are silenced, when we pause and discover slowly and silently that we are in prayer with God.

5 points to remember:

To have good control  
of our thoughts

To convince ourselves that  
we have control over  
what we say and do

To have a high self- esteem

To think positively

To be grateful to life

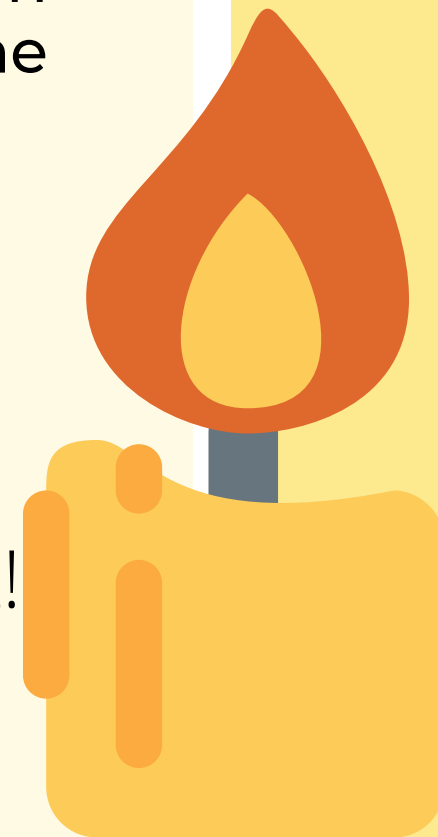


Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to little children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him." Mt 11, 25-27

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, "Who do people say the Son of man is?" And they said, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets." "But you, he said, who do you say I am?" Then Simon Peter spoke up and said, "You are the Christ, the Son of the living God." Mt 16, 13-16

The Gospel of the Lord!

Praise to you, Lord Jesus Christ!



*Do I know myself well?*

*How do I organize my life?*

*Do I feel and taste the things of God?*

*How do I take my decisions?*

*How and in what directions go*

*my thoughts and ideas?*

# 3- THE ART OF DAILY ROUTINE

Living in the present confusion caused by the actual pandemic which affects us terribly, we have to understand slowly, as time passes. Meanwhile, we have to go on seeking, patiently, the value of daily living, the value of the ordinary.

Everyday we have to attend to our work and to our family or community. Life has to be knitted together in time. Our relationship with God, and equally with people who are important in our lives, will also have to be constructed in an ordinary and everyday manner



“In the same way as a hundred year teak tree grows inactively, we see admirable persons who seek the good of humanity, work hard in laboratories, carefully, meticulously, silently, over the climatic changes or merged themselves without any publicity looking to find the real truth of historical facts which help us to understand better the future events that are hidden to us today. With silent routine, the muscles of a sick person get destroyed, the learning of a child, the accuracy of a dancer... Without these routines of family and work life, we cannot build anything that is consistent and definite.”



Benjamín González Buelta, sj, “Letra pequeña. La cotidianidad infinita”,  
Sal Terrae, 2015, 2 ed. pág. 245

He also said, "This is what the kingdom of God is like. A man scatters seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, at once he starts to reap because the harvest has come." Mc 4, 26-29

He went down with them then and came to Nazareth and lived under their authority. His mother stored up all these things in her heart. And Jesus increased in wisdom, in stature, and in favour with God and with people. Lc 2, 51-52

The Gospel of the Lord!

Praise to you, Lord Jesus Christ!



How do I coordinate my family life, work and personal living?

How do I educate my impulses?

How do I confront my adversities?

Praying is living, praying is something human; those who pray are not those who know much, but live the prayer. How is my Prayer?

Do I pray with simplicity, with confidence in God, do I pray for others?

The examen at the end of the day is to discern and to pray the day: Where do I encounter God?

