

Christ the King Abbey

(Traditional Benedictines)
(Formerly St Francis of Assisi Chapel)
www.ChristTheKingAbbey.org
Cullman, Alabama
Every Sunday: 6:00 AM and 10:00 AM
Daily: 6:00 AM
Holy Days of Obligation:
6:00 AM - 8:00 AM - 7:00 PM

Our Lady of Lourdes Chapel
Montgomery, Alabama
10:45 AM
Only on first Sunday
of each month

St Pius V Chapel
Birmingham, Alabama
9:30 AM
Every Sunday except
first Sunday of each month

SIXTEENTH SUNDAY AFTER PENTECOST

Weekly Bulletin #1006

September 16, 2007 – Green

Mass of Sunday; GI; Cr; Pref. Holy Trinity; comm. St Euphemia

THE INTERIOR LIFE

Some may think that we overstress the INTERIOR LIFE of the Soul. In all truth, can anything concerning the salvation of one's soul ever be overstressed? It is in the interior life of the soul that one's salvation exists. Why then are so many people afraid of it? Why is it that the very thought of the soul's salvation disenchant so many people, even those who are otherwise faithful to their duties as good Catholic people? Why is it that we oftentimes take lightly the very words of Our Blessed Lord in this totally important matter?

Resorting to the performance of religious activities is not a satisfactory approach. Such practices do not always satisfy the pangs of the soul in need. The inner life does not depend upon the number of religious exercises or the multitude of prayers and rosaries and all the rest that one performs each day in the name of religious observation. Many people confuse true and correct piety with pious practices, and consider themselves devout in proportion to the number of their performed pious exercises. The interior life of the soul does not demand an immense output of prayers and pious exercises. The Christian life does not require the FEELING of the presence of God near by.

True inward, conscious union with God is fundamentally not a matter of mental process at all. It is a matter of the will. We tell ourselves that we love God. We tell ourselves that we want to love God. If, when we speak of love, we really mean what we say, and say what we mean, that love we tell ourselves about will begin to give energy to the will. Then does the will begin its work. The will then builds a backdrop of love in our lives, and that backdrop sheds color and light on the performance of everything we do. The light reflecting off of the backdrop brings out the true beauty of our good works and their genuine brilliance gives pleasure to God. The entire affair is quiet. It is private. It is personal. It is confidential. It is peaceful. It is refreshing. It is calming. It brings peace to the soul. It is holy. It is strictly a matter that exists only between one's soul and God. Nobody else enters in. It remains forever a secret between two loves!

Love of God does not put into action a succession of things to do, duties to perform. It is an attitude, a condition, an endless, unchangeable state of love of God, of trust in God, of complete subjection to God's commands and will, and the sanctifying grace in that soul reflects back to God the very beauty He seeks from that soul. In the interior life, there is a constant state of prayer, effortless prayer, an effortless striving to give ever more to the beloved. The interior life does not consist of countless religious activities. Such a way of life is always in a state of turmoil, struggling always to find that one prayer or devotion that will give final and lasting satisfaction and spiritual security. It becomes the work of the mind, not of the heart.

For the interior work of the soul to be efficacious, it is of the very essence that it be totally honest, sincere, genuine, and real! The interior life is a permanent attitude of the soul, animated by the sanctifying grace existing within it, thus involving the subordination of one's will to God's will – an attitude grounded in an ALL-EMBRACING, LOVING FAITH, which, without effort, habitually sees God, His will, His providence, His love in everything. In all occurrences, in all circumstances, in every critical moment, in duties, in work, in problems, in all things, the interior workings of the soul who's object is God hears His voice and inwardly responds, if not in acts, at least in silent readiness and in an enduring attitude of agreement and love. The soul pains, it groans, it sighs, it sometimes complains, but it never fails to do so in a love that knows no limit!

The only interest, the only focus, the only incentive that should be found in the heart of man is God and His pleasure, without fear, serenely at peace and happily avoiding anything that might offend Him.

Many say, "This is impossible and only for those who have nothing else to do but to dedicate themselves to such a life!" Not so! This life is for anyone who has no more than a smidgen of courage! Perhaps this means YOU!