

Father John Catoir

Remove All Negativity

Can you believe it? Here we are in 1994. You might ask yourself: What kind of year will it be for me? It will be a good year if you decide to make it so. You have the power to remodel your own inner landscape, but in order to do that you'll first have to remove all the negativity.



For instance, what would happen if you decided to enjoy the year? In Proverbs 17:22 we read, "A cheerful heart is good medicine." To live cheerfully you'll need a strategy for eliminating needless anxiety. You'll also need to heal the wounds of past hurts and humiliations. Clear away those negative emotions, and you will be able to live a more vibrant, enjoyable life. 1993 can become a truly happy new year if you decide to make it so.

Perhaps there are insurmountable worries plaguing you. If so, don't give up hope. You may feel helpless at times, but helplessness is not hopelessness. Jesus once said that faith can move mountains, but to be happy all you have to do is to remove negative thoughts from your mind.

Here are some suggestions to consider as you prepare your New Year resolutions:

- Ask the Lord to help you banish all self-pity from your thinking. Self-pity has a deadly effect on the soul. If you've been given a raw deal recently, you may have every right to complain, but the longer you do, the more you perpetuate your own misery. Self-pity only leads to a complaining spirit.

- Claim God's love; it's free for the asking. When you do you'll become a carrier of Divine Love and you'll fill the darkness around you with your own special light. Once you really see yourself as a cherished child of God you'll look at life differently. You'll be more apt to reject self-pity and come alive.

- Become a healer. The Sacrament of Confirmation gives you the power of the Holy Spirit. Use that power, and use your suffering as a bridge to help you understand the pain of others. Reach out to those in need; give them the care and comfort that only you can give.

- Don't let the past drag you down. Accept God's forgiveness for all past mistakes and pray for the grace to forgive others. Life is too short to live in the past weighed down by an unforgiving spirit.

- Make today count. By practicing humble fidelity to the duty of the present moment you will be able to cultivate a joyful heart.

- Don't let fear of the future disturb your peace of mind. Needless worry dissolves when you are more trusting of God's love. Remember, heaven awaits you; the best is yet to come.

Enjoy your life. Blessed Julian of Norwich said, "The greatest honor you can give to God is to live joyfully, because of the knowledge of His love." Jesus gave us the motivation to live gladly when he said, "I have told you all tis that your joy may be full."

Have a great year.

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