

Do all things with a spirit of living faith

A way of life



REFLECTION

Today is about praying and discovering within yourself the believing heart that is the gift of faith. It is about putting your whole self into everything you do, believing that God gives meaning to your life because you are deeply loved.

Living with a spirit of living faith means that faith does not remain an abstract idea, but permeates our whole being and our actions. It is not just a matter of believing in God, but of living that trust in Him in every decision, every gesture, every daily encounter.

Doing everything with a spirit of living faith means recognizing that even the simplest things—a task, a conversation, a smile—can be offered to God and transformed into an opportunity for love and service. It means seeing life through the eyes of faith: not only what our senses show us, but what faith reveals to us about God's presence and the deeper meaning of every event.



TEXT OF THE WORD. Mt 8:23–27

"Jesus got into the boat, and his disciples followed him. A storm came up on the lake, so strong that the waves were breaking over the boat. But Jesus was asleep. So his disciples went to him and woke him up, saying, 'Lord, save us! We are sinking!'"

He replied,

"Why are you so afraid? How little faith you have!"

Then he got up and rebuked the wind and the waves, and there was complete calm. They were amazed and asked,

"Who is this, that even the winds and the sea obey him?"

Here, then, is the great enemy of faith: it is not intelligence, it is not reason, as some unfortunately continue to repeat obsessively, but the great enemy of faith is fear. (Pope Francis)



CHARISMATIC TEXT

ENRIQUE DE OSSÓ, DOCUMENTS OF PERFECTION C19

Saint Henry de Ossó lived by faith, with a deep sense of being part of God's plan, a plan that involves knowing and loving Jesus and making him known and loved, because changing the world for the better begins with a personal change in service to others.

In the cause of the saints, it says of St. Henry: "His existence, consumed in the service of his brothers and sisters in boundless dedication, reveals that the more true love of Christ possesses a person, the more it makes them available to ever-new charity, filled with those who seek to be a reflection of God's presence and love in the world."

"Those who form the Society of Saint Teresa of Jesus always act in all things with a spirit of living faith, doing everything for Jesus, for a supernatural reason; seeing everything, considering everything, and embracing everything, not for what the senses and reason say, but for what faith teaches us."

QUESTIONS FOR PRAYER

In your inner silence, I let questions arise:

- **Can I name my fears?**
- **Do I feel that Jesus is sleeping in my boat?**
- **Are my dreams, my moods, and who I am guided by faith?**
- **Do I live my daily life doing everything for Jesus?**

In this day and age, we are called to be here and now, to face reality head-on and trust that by doing my best, it is possible to be happy because I am part of a whole, to guide my present with a sense of brotherhood, from faith.



A little faith – Ixcís

No, I don't need anything more. I don't need anything more than faith. No, I don't need anything more to walk on the seas than a little faith.

I live in the contradiction of not walking your paths, even though I know it's for the best. No, I ignore it, I resist. I don't delve deeper, I get distracted. I don't even know who I am.

May your light help me see the path I must walk to reach my truth. Help me, Father, to understand that nothing is impossible; I can be reborn.

No, I don't need anything else. I don't need anything else. Just faith. No, I don't need anything else to walk on the seas.

I live in the contradiction of not seeing my brothers and I shut myself off. I struggle, I get tired and I give up. I can't find myself and I feel even worse.

May your light help me see the path I must walk to reach my truth. Help me, Father, to understand that nothing is impossible; I can be reborn.

No, I don't need anything more. I don't need anything more than faith. No, I don't need anything more to walk on the seas than a little faith. (REPEAT)

I live in the contradiction of not walking your paths even though I know it's for the best.

