

We Can Help God

God never stops His work of creating good, and improving on all that He has created; especially, in the spiritual realm of every individual person's life. He creates the best in the lowly. He exalts the lowly. We can help God and must do so for him to do His good creative work in us.

How can we help him? Consider this...He has to break down the imperfect, to build something better. **He humbles the proud** to break them down, so that He can build something better than the proud, selfish, greedy, envious, sinful people we are by nature.

The sacramental, sanctifying grace we receive seems first meant to break down, and destroy all that is prone to sin in us; and then build, in its place, a person more prone to live in Christ's love. The more we cooperate with this work of grace, and the more we want its work to be done in us, the more God can create a beautiful soul in us, filled with truth and love. In our own souls, most of all, we can help, or hinder God's creative work in this world.

In these times, there is great emphasis on love, but unfortunately, we seem to have lost sight of the value of self-denial, of self-mortification, of the surgical process of cutting out the sin-prone parts of our being; so that God can give us great healing, in order for us to become strong and healthy, truth-filled, Christlike lovers.

Some of the most important work we can do to prepare a place for God to work, and recreate us as greater lovers is self-denial and disciplinary acts of fasting, abstinence, structured prayer, and sacrificial giving. Use them all. We need the sharp scalpel of fasting and abstinence, to cut the rotten cancerous growth of bad habits out of us, so that God can plant and make grow the virtues needed for heavenly life.

We badly need to be strengthened by the physical therapy of sacrificial giving for the rest of our lives, beginning now. We certainly need to follow a strict diet of structured prayer at set times, several times each day to become healthy, and remain healthy. I strongly recommend use of the Liturgy of the Hours, at least morning and evening prayers. Praying the Office of Readings some time every day, will do wonders; to help us make rapid progress in our appreciation, and love of God, and of his Catholic Church. Also pray every day at mealtime and bedtime.

The tendency of humans to self-destruct must be opposed by destroying pride, selfishness, greed, and hate within ourselves, so that God can have a place in us, to create the best and most beautiful things he wants to create in the depths of our souls. Then, and only then, will we experience the unsurpassable joy and peace of Christ.