

## **The Holiness of Busyness: 5½ Minutes to a Healthy Spiritual Life**

### **The Direction of Intention**

Dear God, grant me the grace to perform this action with you and through love for you. In advance I offer you all the good I may do and accept all the difficulty I may meet therein.

### **5½ Minutes**

#### **1. In the morning call to mind God's presence (5 minutes)**

- A. Breathe deeply (1 minute)
- B. Continue to breathe deeply and focus on God's presence (3 minutes)
  - i. Be attentive to God's absolute presence, that God is in all things and all places
  - ii. Be attentive to God's presence in your heart and in the very center of your spirit
  - iii. Consider how our savior is looking down on us from heaven
  - iv. Imagine that Jesus is in his humanity and is very present to us.
- C. Continue to breathe deeply, anticipating one significant event of the day to come and reminding yourself that God will be present there with you. (1 minute)

#### **2. During the day, recall God's presence: (30 seconds)**

- A. Take momentary spiritual retreats
- B. Offer aspirations / ejaculations / good thoughts

#### **3. Before going to bed, (30 seconds)**

- A. Consider how you are growing (or not) in a particular area —or—
- B. Thank God for his presence at one particular event of the day

Adapted from sections of Part II of St. Francis de Sales' Introduction to the Devout Life.