

Homes of Light 6

Caring for Life

Generating New Life

**3. A spirituality that lights up our days – 2 of 4**

Spirituality, I think, is about learning (or re-learning), about a journey, a pathway that begins when we enter our deepest centre within, what is sometimes called *interiority*. It is the place where we are accountable to ourselves, and where we can track and tell our own story. We look back over and accept our past history and, above all, we pull together all the threads of our lives in the present, at each moment, becoming fully conscious from the time we wake up each morning. *Interiority* is that dimension of ourselves that allows us to calmly accept our feelings and the world of our emotions. It helps us to see more clearly the interconnectedness of all aspects of our lives: the physical, affective, psychological aspects as well as our different forms of intelligence, including the spiritual. It makes us conscious of the present as a gift, to be acknowledged in every breath, every action, every encounter, everything around us.

*Interiority* prepares our hearts to be open to Mystery, thus making room for a *spiritual experience*: we open up to the encounter, recognising our longing to share Jesus’ dream … *if you knew the gift of God* (cf Jn 4:10). In a *spiritual experience*, we are in touch with the depths of our humanity, to the point of glimpsing the divine, seeing ‘through a glass darkly’ realities that remain beyond our touch and reach. We are more aware of our weaknesses, rubbing up against a life-giving force, seeking to be healed of addictions, brokenness and anxieties. We feel the profound joy of a grateful heart. Trust, peace, beauty and, especially, mercy and understanding start to sprout – in myself and towards others. We offer and receive forgiveness. We add meaning to our lives. We experience a rush of passion for the God of Life and for dedicating our lives to God through our unstinting service of others.

It is important to cultivate *interiority* and *spirituality*, often and with perseverance *going into our inner room, shutting the door, and praying to our Father who is there unseen* (cf Mt 6:6). This demands time, the right physical place and, above all, the desire, the thirst and the felt need to go within. It means experiencing *silence*. A *silence* that puts us in touch with the deepest rhythms of our being and offers a better quality of life. A *silence* that gives us insight into the gift represented by each moment, each event and each encounter when viewed in the light of the Spirit, ever active and present. A *silence* that allows us to wonder and be caught up in a sense of mystery when in the midst of doubt and when the unknown makes us uncertain, and that brings us acceptance and peace of heart.

*Silence* is where we best discover the fire that dwells inside us, this inner light that makes us feel at home. When we sense this light, fears disappear. In the *silence of prayer*, we are able to sense the intimate presence of God who dwells in our hearts.

*Water from the Rock – Marist Spirituality*

<https://champagnat.org/en/marist-documents/water-from-the-rock/>

The reflection from *Homes of Light*, Br Ernesto Sánchez Barba (Superior General).

<https://champagnat.org/en/circulares/homes-of-light-caring-for-life-generating-new-life/>

**Prayer**

God of mystery and new beginnings,

you challenge us to go in haste to a new land.

Like Abraham, our father in faith,

may we journey into the unknown with confidence.

May your Holy Spirit:

Guide our deliberations.

Challenge our thinking.

Renew our vision.

Continue to lead us,

so that we may carry your Word of hope and be

messengers of your love and peace in our places of work,

our homes and our communities.

We make this prayer in the name of Jesus. Amen.

Mary, our Good Mother, pray for us.

St Joseph, pray for us.

St Marcellin Champagnat, pray for us.

**Champagnat Marist Spirituality and Charism:**

**God’s Presence and Love ✠ Trust in God ✠ Love of Jesus and His Gospel**

**Presence ✠ Simplicity ✠ Family Spirit ✠ Love of Work**

**In the Way of Mary**