



„Dear Lord, help me, so that my spirit wins over the weaknesses of my soul.“ Matthäus

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You should know this

Without exception, every person in this world is between the poles of good and evil. The tempter knows our weaknesses and lures us into the trap. Our fighting- and guardian angels want to banish the evil around us, show us the way of virtue and advise us to pray and love our neighbor.

Our conscience reveals itself in our soul. Thus, we are encouraged by the angels to do good and Satan persuades us to enforce our own will, to give in to the temptation and to enjoy the forbidden fruits. Our soul comes from God and longs for the divine, peace, harmony. We can only become truly happy if we do what is good and by that be again in harmony with God, our father.

Satan promises us earthly joys, which apparently mean pleasure for a short time. However, afterwards our conscience comes into action and we are again burdened.

We can only overcome the daily temptations with the help from God. Through prayer, Holy Mass, contemplating Jesus' suffering and the lives of the Saints, through good music and images from God's creation, strength streams towards our soul and the angels can protect us better and better..

The divine centre of men lies in its immortal soul. "Don't search for heaven anywhere, but within yourself. The soul is the gate to heaven", Paulus said repeatedly. Our feelings, our emotions come from the soul. We very much go by our feelings. Paulus says: "Men, understand yourself!" We should always be aware of what we say, what we think, which feelings and influences we succumb to and with which attitude we work and spend our free time.

Asking for the cause of negative feelings: Was I uneasy, not rested, overburdened or overchallenged? Did I consume negative music, harm my body with addictive behaviour or did I have wrong or too high expectations?

This is the way to success: I change my vocabulary for the good. I consciously start thinking positively. I replace hate, envy, jealousy with understanding and where I cannot understand with prayer. I regret every bad thought and ask God for forgiveness. Afterwards, I pray that the negative energy is abolished by positive energy. I bring tranquillity and order into my daily life and I make sure I get enough sleep!

It is a medicine that brings health and joy if we get into the habit of being thankful for everything and seeing the good in our fellow men, thinking positively about him and strengthen him with compliments and appreciation.

Always look optimistic into the future. Know, that God always means well for you. "For those who God loves all things are for the best."

Daily we are exposed to many trials. Fate, diseases, misfortune are exactly measured out so that we prove ourselves and evolve.

Believe in the good and remain in the good. Christ summarized this in this simple way: "Bless those that curse you, do good to those that hate you."

Jesus' trials

Contemplate how Jesus was tempted by Satan in the desert and in the Garden of Gethsemane and how Jesus resisted the temptations. You find more detailed descriptions in these books:

- The Bible (Matthew, chapt. 4 / Luke, chapt. 22, verses 39-46)
- "The Poem of the Man God" from Maria Valtorta, volume I and XI, as well as
- „The Dolorous Passion of Our Lord Jesus Christ“ from Anne Catherine Emmerich.

Jesus' suffering

During lent, increasingly connect yourself with Jesus' immeasurable suffering. Read in the "Benedicite" (4/92) the Passion (revelation from the Holy Archangel Michael).



Positive thoughts

Paulus' relaxation lessons contain many of his key sentences. They help you to consciously adjust your life to God and to positively shape it. Do the relaxation lesson. Listen to the words from Paulus very concentrated. Afterwards, write down a couple of important sentences into your faith book and border them with an ornate frame. Implement them in your daily life.

Reading a constructive book

There are many good books (e.g. biographies, novels) in which you can learn from others living a commendable life.