



## **Fr. Matt's Musings**

**February 10, 2017**

### **Sustaining Love**

As I mentioned a few weeks ago, I wanted to share with you three aspects of divine love: liberation, creativity, and a love that sustains. These aspects come from St. Francis de Sales' reflection on the Trinity. He tells us that the Father creates, fashions and molds us in love, the Son redeems us in love, and the Spirit sustains us in love. This week, we turn our attention to sustaining love.

Each day, different spirits vie for our attention. A day can go south quickly when we exchange angry words with a loved one, get cut off in traffic or receive an angry gesture from a fellow driver, do not receive the recognition we deserve at work, feel taken for granted or taken advantage of, or just wake up in a bad mood. By contrast, loving words, a warm smile, a friendly hug, a good night's sleep, reassurance from loved ones, success at work, and a clear Beltway can make your day. The problem is that you cannot always choose the events that come each day.

One role of the Holy Spirit is to keep us in love. Any day that does not start with, continue with, and end in love is incomplete. I know that daily living poses challenges to that statement. I also know that we have the choice to dedicate ourselves to one of the many spirits that vie for victory each day. At the end of the day, we can claim victory for jealousy, anger, sadness, busyness, tiredness, but also for gratitude, generosity, kindness, humility, or in a word, love. As humans we can easily fall in love and out of love. However, as Christians, we are called to fall in love and stay in love. Choose love.

Live Jesus!

*Fr. Matt*

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