



## Fr. Matt's Musings October 27, 2017

### *Greeting the Day*

For St. Francis de Sales, how we begin the day can make all the difference in how we will spend the rest of that day. He asks that we have a thought on rising and that the thought be gratitude to God for the gift of the day. As we get dressed, he suggests that we make preparations for the day, thinking of all the events, encounters and responsibilities of that day and how we will embrace them. He asks us to pay special attention to the more challenging moments and people of that day to make sure that we always give our best and are at our best throughout the day. Then, as we move from preparation to the cares of the day he gives us a simple twenty five word prayer to help us stay focused on who we are called to be each and every day:

My God, I give you this day (traffic, meeting, setback, success, etc.). Please give me the grace to conduct myself during it in a manner most pleasing to you. Amen.

*Greet today and each day as the gift it is!*

Live Jesus!

*Fr. Matt*

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