



Fr. Matt's Musings **September 15, 2017**

The Interior Life

One of the most frequently asked questions I hear each day is: How are you? It is also one of the most complicated. My most frequently given response is: Good, thanks. How are you? The truth is usually more complex, and I would not get much done if I told everyone exactly how I was doing. Happy, excited, busy, anxious, upset, tired, confused, etc. can all be moments of any given day. In the Salesian tradition, St. Francis asks us to look not just at our external actions but also at our interior motives, thoughts and intentions. What we do is very important, but why we do what we do is equally significant. Francis de Sales challenges us to do all through love, nothing through force or fear. In her book, *Quotidian Mysteries*, Kathleen Norris speaks about going to her first Catholic Mass as an outsider (non-Catholic). She said it was all very unfamiliar until post-Communion when the priest purified the chalice and paten. She said that the fact that the priest had to do the dishes brought the Mass to a new level for her and helped her feel at home. Doing the dishes, the laundry, driving children to school, and practice, cleaning the house, cooking dinner are all daily activities. Sometimes you must feel like you are on auto-pilot as you go from one responsibility to the next. It does not take long, but traveling into our inner world and reminding ourselves that each of those moments is an act of love can transform that simple daily task into an expression of care and love for those who are important to us. We change our lives by changing our thoughts and intentions. Remember there is nothing small in the service of God and others. There are just small thoughts. Think big! Think, love!

Live Jesus!

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