



My Father's House

Retreat Center

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Seven Principles To Be Transformed Into Christ

Fr. Bill McCarthy

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First - Absorb. Let the world in. Capture the moment. Behold a stone and let it in. Behold a flower and let it in. Behold a dog and let it in. Behold a person and let them in. Behold God and let Him in. Every bush is aglow. Allow its beauty to touch you.

Second - Respond. Let things touch you. If there is something sad, allow it to make you sad. If there is something joyful, allow it to make you joyful. Weep with those who weep, rejoice with those who rejoice.

Third - Reflect. Come apart and reflect. Like Mary, ponder things in your heart. Don't let them pass by. Take in each event, each circumstance, each person. Reflect upon the goodness and the beauty and the pain of the moments of your life. Lock them in. Spend quiet time everyday in reflection and meditation.

Fourth - Act. The best time to act is when the idea is hot and the emotions run high. When you decide to do something, whether it's eating an apple a day for health, or getting more exercise, or spending quiet time in prayer, or quality time with a loved one, do it! The discipline is an action.

Fifth - Share. Whatever you have share. Share your ideas, your talents, your treasure. The more we give, the more we get. The measure we measure with is the measure of return. Cast your bread upon the water. What goes around comes around.

Sixth - Love. Love the people along the way. Do not treat them like clients or numbers. Love each person you meet. Reach out to them with a warmth and a smile.

Seventh - Glorify. Glorify God in each moment, in each circumstance, in each person you meet. Give God the glory. Live a life of praise and worship. "We with unveiled faces should reflect like mirrors the brightness of the Son who is our glory. It is the work of the Spirit to transform us from glory into glory into Him whom we reflect" (2 Cor 3:18).