

Theory 5 - HOLINESS

Happiness and a Rule of Life

1. The Goal of Life is Holiness, transforming union with God

- a. God wants to give himself to us so that we can participate in his being and activity
 - i. God comes to us primarily through the Liturgy and the Sacraments
 - ii. God also comes to us through the good things of this world
- b. Everyone wants to be happy
 - i. "This desire is of divine origin: God has placed it in the human heart to draw man to the One who alone can fulfill it." CCC 1718
 - ii. Happiness is to possess the good things that fulfill our nature
 - iii. In general God designed the human person to need specific things to be happy – fulfilled – fully alive.
 - iv. What do you want to be happy?
 1. Union with God in Jesus Christ
 - a. Receive the life of Jesus by the
 - i. Frequent reception of the Sacraments
 - ii. Daily Mental Prayer
 2. Physical and Emotional health
 - a. that comes from sleep, nutrition and hydration, exercise, hygiene, shelter, clothing,
 - b. stability and variety, order and surprise
 3. Relationships with Family and Friends
 4. Meaningful work in which we do some good for others and for the world
 5. Knowledge
 - a. Our intellect needs to be fed by reality in the form of truth
 6. Beauty
 - a. Our emotions/passions need to be nourished by reality in the form of beauty
 - v. These are the ingredients for happiness so this is the recipe for happiness
- c. Money, time and power
 - a. These are not goods in themselves, just means to goods
 - b. Their only point is that they have the potential to get something else.
 - c. In fact, if we had all the good things we need, we would not need money time or power

2. We need a way to organize our lives to reach happiness and holiness.

- a. St. Pachomius (+348); Basil (+379) and Benedict (+547) suggest a Rule of life

- b. We call it a Recipe of Life
 - i. We need
 - 1. the right ingredients in our life
 - 2. in the right order
 - 3. and in the right proportion
 - a. to receive God
- c. A Recipe of Life
 - 1. Friendship with Christ
 - a. 30 minutes/day in Mental Prayer through the Rosary and Lectio Divina
 - b. Frequent reception of the Eucharist and reconciliation
 - 2. Physical and Emotional Needs
 - a. Sleep
 - b. Personal hygiene
 - c. Nourishment and hydration - meals
 - d. Exercise
 - 3. Time for Relationship with your family and friends
 - 4. Meaningful Work
 - a. *In* the home or outside of it
 - 5. Knowledge - About God and the good world he created
 - 6. Experience beauty in its many forms

3. Structure and Flexibility

- d. These six ingredients are the essential components to a recipe for happiness
 - i. they fulfill the way God designed the human person
- e. There needs to be order and flexibility in the way we pursue them.
 - i. The most important ingredient is God – so time in prayer is the priority – so it should come first.
 - ii. We are not much good at anything without sleep or at least rest, so we go to bed on time and get up on time;
 - iii. As C.S. Lewis writes: “put first things first and we get the second things thrown in; put second things first and we lose both first and second things.”
- f. We must also be flexible in our pursuit of these as the order and proportion may change day to day.
- g. Some days more work is required than others, other days we have more opportunities for relationships and friendships.
 - i. Some days the pursuit of knowledge and beauty only gets a little bit.

- h. We should be creative in combining two or more of these at one time
 - i. walking and talking with a spouse or friend at sunset
 - ii. gets your friendship, exercise and beauty
- i. We need the goods, but we must keep them in order

Love the lesser things less; love the greater things more,
for virtue is rightly ordered love.

4. Prepare Yourself

- a. We want the good things of this world – physical, emotional, relationships, achievement, knowledge and beauty
 - i. But by themselves these good things will never satisfy, only God can ultimately fulfill our desire for happiness
 - 1. These good things can even become disordered attachments and obstacles to receive God
 - ii. So, we don't just want the good things,
 - 1. we want to prepare ourselves, develop ourselves, our life, who we are,
 - 2. so that we can receive God at every moment through every good thing.
 - a. Then who you are and every good thing of this world becomes an avenue to receive God
 - 3. We develop ourselves so God can enter, elevate and perfect us
 - a. If we develop our intellect, then there is more of our intellect that God can sanctify and use like He did with St. Paul
 - b. If we develop ourselves morally then there is less that He has to purify and more for him to build upon
 - c. We can prepare or make ourselves more fit to receive God and be transformed by him.
 - 4. But we've got to get our lives in order to be an avenue to receive God rather than an obstacle to him

5. Cut out the wrong Ingredients and you'll have time for the right ones

- a. People object, "There is no way I can get all those ingredients in every day – that's impossible."
- b. Track where your time is going
- c. For seven days keep track where you spend your time every 30 minutes
- d. Then cut all of the bad ingredients out of your life
 - ii. Especially all the distraction that comes from news, entertainment and your phone...
- e. And you will have time for the right ingredients