

First Things First FB LIVE Event

- Welcome
- Submit questions through the chat feature
- Background about myself

Why First Things First?

- Came out of the needs being expressed in my ministry of mentoring
- The desire expressed by people for finding purpose, peace and abundance in their daily lives

Why First Things First?

- Lessons from my own life

Wanted to become like Jesus, but wasn't sure where to start.

Didn't know WHAT to do.

Then didn't know HOW to do it.

But biggest question, was WHY should I be doing these things?

Why First Things First?

Didn't know the REAL purpose of the spiritual life was to enter into transforming union with God, so He can make me holy.

In other words,

I am supposed to become a saint.

But even once I found my WHY, I was then back to the WHAT and HOW questions.

Why First Things First?

But even once I found my WHY, I was then back to the WHAT and HOW questions.

What am I supposed to do? How am I supposed to do it?

After LOTS of study and searching in Church teaching and reading about the saints and attending tons of conferences, retreats and listening to audio talks and doing Scripture studies, I found the “Keys to the Kingdom.”

4 things for us to do in our lives that will help everything “fall in to place” and then we experience purpose, peace and abundance in our daily lives.

In spiritual parlance, this is known as putting "**First Things First.**"

What are the those First Things?

The 4 First Things (or 4 Steps to Holiness) are:

- Daily Prayer and Meditation
- Living the Life of Grace
- Daily Growth in Virtue
- Abandonment to God's Will

What are the those First Things?

- Daily Prayer and Meditation

Lots of different ways to pray, but most effective and fruitful is Lectio Divina (also known as Mental Prayer/Meditation)

“4 R’s”

Read—short meditation

Reflect—how it applies to your life

Relate—tell Jesus and LISTEN to Him

Resolution—small, concrete, doable action

What are the those First Things?

- Living the Life of Grace

This means we prioritize the frequent reception of the Sacraments of Holy Eucharist AND Reconciliation

Some practices to make the reception of Sacraments more fruitful

1. Daily Examen
2. Examination of Conscience
3. Act of Thanksgiving after Mass
4. ASK to be made more receptive

What are the those First Things?

- Daily Growth in Virtue

This is us actively rooting out sin in our lives and growing in a life of virtue via a Daily Resolution

Some ways to help you root out sin and live a life of virtue

1. Knowledge of self—Human formation
2. Know your Temperament, predominant vices (PAGGLES)
3. Follow a Rule of Life

What are the those First Things?

- Abandonment to God's Will
This means actively trying to grow in trust and faith in all the ways that God is trying to care for us

Some attitudes to cultivate in our hearts and minds that help:

1. Obedience
2. Discernment
3. Detachment

Assistance and Model for How to do this:

1. Devotion to Our Lady
2. Example of the Saints

Putting First Things First

What happens when we start practicing these 4 steps in our lives?

Some examples:

- Daily Prayer and Meditation—we find purpose and peace
- Living the Life of Grace—gives us the strength and encouragement we need
- Daily Growth in Virtue—helps us become the change we desire to see
- Abandonment to God's Will—helps us grow in faith, hope and love

When we go back to the essentials, we are ensuring we're doing fulfilling our God-given purpose in this life and "becoming holy like our Heavenly Father is holy." In other words, we are becoming the saints God created us to be.

Where Did These 4 Steps Come From?

- Church's Teaching and Tradition from the last 2000 years
- Model of the Saints
 - 7 Characteristics of All Saints
 1. Frequent reception of the sacraments
 2. Daily Meditation
 3. Thanksgiving/Resolution
 4. Daily Examen
 5. Devotion to the Blessed Mother
 6. Rule of Life
 7. Cultivate friendships with others who desire holiness

Is It Really Possible To Become a Saint?

YES!!!

You **can** become holy.

You **can** become a saint.

And you **can** become more like Jesus with each and every passing day.

So what's stopping you?

What is Stopping You?

Is it because you don't know WHAT to do?

Or is it you don't know HOW to do it?

Or is it because you don't know exactly WHY you should do it?

Do you really WANT to jumpstart your spiritual life and experience purpose, peace and abundance in your daily life?

Yes, I Want to Become A Saint!

You can put all of what I have discussed into practice, and please know of my prayers for your efforts.

But I know how life gets.

We get distracted, overwhelmed, or not sure about how to do something, and then we lose momentum or our motivation, and we falter. Our spiritual lives are WAY too important for that to happen.

And THAT is why I created my *First Things First* course.

I have put all these essentials in one place, and the course takes you step-by-step so you have the help you need to jumpstart your spiritual life and ensure that your relationship with God is on a clear and firm path.

First Things First Online Course

You will develop a good, solid plan of action of WHAT you need to do.

You will have a clear vision of HOW to go about it.

You will know WHY you need to become "right-ordered" and prioritize your spiritual habits in your daily life.

And you will learn practical steps that you can put into practice right now.

First Things First

In **First Things First**, you'll begin to understand God's will for your life more clearly, discover **practical ways** to begin living out His plan for you each day, and learn how to **stick to these resolutions** and experience lasting change.

Most importantly, this mini-course will give you a fresh perspective on how you **can** become more like Jesus.

When you've put **First Things First** you will discover the true purpose for which you were created , experience peace and joy in your relationship with God and with all those around you, and open yourself to receiving the abundant blessings God wishes to provide for you in this life and into the next.

How do I Sign Up?

You can either:

Click the Signup link for *First Things First* Course on my FB page

Or you can go to my website:

www.christinasemmens.com and click on "Online Courses" Tab and then select *First Things First*

SPECIAL THANK YOU

As a special THANK YOU for your time today and for participating in this Live Event:

I am making all of the slides from my talk today available as a FREE PDF download

AND

Want to give you a 75% discount for enrolling in my course

Just use Coupon Code FACEBOOK during signup

Only \$24.25 vs the normal \$97 course enrollment

Want to learn more?

Watch for my blog posts on the Say Yes to Holiness FB page, my Wordpress blog and on my website.

And to hear about upcoming events or be notified about my book release later this year, simply sign up for my mailing list at my website:

www.christinasemmens.com

THANKS AGAIN for your time, and please know of my continued prayers that you will continue to SAY YES on your journey to holiness.