

**Monday, March 23<sup>rd</sup>, FB Live Notes**  
**Pursuing Holiness in the Coronavirus Pandemic and Beyond**

- 1) Mindset shift—need to make lemonade from the Coronavirus “lemons”  
Blessed Chiara—“If God takes something away, it’s only because he wishes to give you something more.”
- 2) Need to “Live in the Present or Go Crazy”—God is in the present
- 3) 7 Characteristics of Saints—daily prayer and meditation, Live a Life of Grace, Daily Resolution to Grow in Virtue, Daily Examen, Devotion to Mary, Plan of Life, Authentic Friendships
- 4) Model of the saints gives us our plan—“pray, trust, take the next step”
- 5) Need to be attentive to HOLISTIC Formation which has 4 parts—Human, Spiritual, Intellectual and Pastoral to ensure the well-being of everyone
- 5) Plan of Life needs to account for the following:
  - a) Prayer—SILENCE and QUIET time
  - b) Work/School
  - c) Rest—sleep, give yourself SPACE away from others for a period of time
  - d) Exercise—moderate so as to not tax our immune systems; outside if at all possible—30 min walk every day has the emotional and mental health equivalent of a \$30K bonus!
  - e) Meals—design menus, favorite meals, enlist EVERYONE in meal prep, eat together
  - f) Chores (Cleaning)
  - g) Social—Conversations—get to actually KNOW one another, authentic friendships—willing the good of the other, designated family time
  - h) Hobbies—creative & mind engaging things that tap into what is good, true and beautiful
- 6) If we allow for the above things in our plan of life (routine), we are tending holistically to our Human needs (rest, exercise, meals), Spiritual Needs (prayer, friendships), Intellectual needs (Work/school, Hobbies), and Pastoral Needs (Social through conversations, Chores)
- 7) 4 Steps to Holiness—Daily prayer & Meditation; living the life of grace; growing daily in virtue; abandoning oneself in trust to God’s will

- 8) How do we abandon ourselves to God's will? Detachment, obedience and trust
- 9) Detachment and obedience come from offering up anything that we do not like, did not choose, cannot change, and do not understand.
- 10) Trust comes from remembering that God always works to the good of those who love Him.
- 11) This is a time for us to pray, play and have conversations with our families.
- 12) The party after this time is going to be AMAZING! And we can emerge from this time better people who are embracing more fully the life God created them for—a life of purpose, peace and abundance.

### **What's the next step?**

- 1) Use the Spiritual Wellness Assessment

<http://christinasemmens.com/wp-content/uploads/2019/08/Spiritual-Wellness-Assessment.pdf>

- 2) Create a Plan of Life (routine) using the information I shared here

3) Make use of the FREE mini-course, *3 Keys to Developing a Deeper Relationship with God*

<https://firstthings.sayyestoholiness.com/free-3-part-training-optin>

- 4) Sign up for Christina's weekly Say Yes to Holiness Newsletter to be notified of upcoming events like these

<https://cs-development-group.ck.page/1b6ea76867>

- 5) Sign up for a FREE 15 minute conversation with Christina to talk about the next best step or whatever might be holding you back from pursuing holiness

<https://calendly.com/christinasemmens/liveinthemoment>