

Mini Lesson # 4
FOCUS...where to put my attention now?

School is closed for the year...

I have no athletic/music practice to attend...

Most stores are closed...

I'm not supposed to leave my home...

It seems as if life around me has stopped...

What am I to do now...?

There is no magic wand to make this rare and temporary life changing occurrence go away. I can't tell you what is going to happen with the ending of your classes. I can't tell you when the stores and gyms will be open again. I can't promise that "everything is going to be ok"...

What I CAN PROMISE, is the same thing God promised us. Just like the saying goes, "God didn't promise days without pain, sun without rain, but He did promise strength for the day and light for the way."

Hebrews 13:5 "Never will I leave you; never will I forsake you."

This is not a time to be worried or anxious, right now most things in our lives are out of our control, and THAT'S OK!!!!!!!!!!

Right now FOCUS on what's most important and what you can control, your relationship with Him and the relationships around you!

Questions to Focus on:

1. Have your parents ever said the words, “you better look at me when I’m talking to you!”? Like I mentioned last mini lessons, prayer right now is essential and so important. Yet if you’re not completely focused on Him and your intentions you could start to day dream and get lost.

Here is a little video from Father Josh to help guide

you: <https://media.ascensionpress.com/video/tips-for-staying-focused-in-prayer/>

~Have you taken anytime in the past few days to pray?

~Have you started your prayer intention log from the last “challenge”? If so, how many names or intentions have you compiled?

~Have you prayed a rosary? Check out why Matt Fradd prays the “necklace old people hold at mass” <https://media.ascensionpress.com/video/why-i-pray-the-rosary/>

2. What activities do you give the most FOCUS to in your life? Compare your life the past few days to your “normal” day to day activities.

The comparison may surprise you. Good or bad? Here is another short video to get you thinking...focus on the time/days you think you spend helping others, praying, putting others before yourself compared to their JELLY BEAN DAYS... https://www.youtube.com/watch?v=BOksW_NabEk

3. Don’t use this change in lifestyle as an excuse to complain more, to become more of a hermit just because you can’t go to Target (even though some are still open lol).

~The demons of this world are excited and waiting for you to give in to sadness, anxious thinking, irrational thinking, and weakness. The more you give in to these temptations the further you take yourself away from Him. Just as real as God is, so is the devil. FOCUS ON THE POSITIVES, FOCUS ON THE TRUTHS, FOCUS ON WHAT’S IMPORTANT.

Look to your family for strength and at the same time do not be so needy that you’re unable to be there for them if they need you.

For more inspirational videos/podcasts/prayers check out:

<https://media.ascensionpress.com/category/ascension-presents/>

Be on the lookout next week for a possible ZOOM MEETING!!!!

SAINT OF THE DAY – Saint Lucy <https://www.franciscanmedia.org/saint-lucy/>

Saint Lucy's Story

Every little girl named Lucy must bite her tongue in disappointment when she first tries to find out what there is to know about her patron saint. The older books will have a lengthy paragraph detailing a small number of traditions. Newer books will have a lengthy paragraph showing that there is little basis in history for these traditions. The single fact survives that a disappointed suitor accused Lucy of being a Christian, and she was executed in Syracuse, Sicily, in the year 304. But it is also true that her name is mentioned in the First Eucharistic Prayer, geographical places are named after her, a popular song has her name as its title, and down through the centuries many thousands of little girls have been proud of the name Lucy.

One can easily imagine what a young Christian woman had to contend with in pagan Sicily in the year 300. If you have trouble imagining, just glance at today's pleasure-at-all-costs world and the barriers it presents against leading a good Christian life.

Her friends must have wondered aloud about this hero of Lucy's, an obscure itinerant preacher in a far-off captive nation that had been destroyed more than 200 years before. Once a carpenter, he had been crucified by the Romans after his own people turned him over to their authority. Lucy believed with her whole soul that this man had risen from the dead. Heaven had put a stamp on all he said and did. To give witness to her faith she had made a vow of virginity.

What a hubbub this caused among her pagan friends! The kindlier ones just thought her a little strange. To be pure before marriage was an ancient Roman ideal, rarely found, but not to be condemned. To exclude marriage altogether, however, was too much. She must have something sinister to hide, the tongues wagged.

Lucy knew of the heroism of earlier virgin martyrs. She remained faithful to their example and to the example of the carpenter, whom she knew to be the Son of God. She is the patroness of eyesight.

Reflection

If you are a little girl named Lucy, you need not bite your tongue in disappointment. Your patron is a genuine authentic heroine, first class, an abiding inspiration for you and for all Christians. The moral courage of the young Sicilian martyr shines forth as a guiding light, just as bright for today's youth as it was in A.D. 304.