

# Taking Care of the Spirit and our Salvation

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Modern life is quite hectic. Home, work, school, accounts payable, bank, meetings, neighbors, travel, mobile phone, relatives, Facebook, television, computer, Internet ... are so many chores and so attractive that, sometimes, we would like to ask God for the day to have at least 30 hours. Everything becomes rushed, superficial, disposable and ephemeral; Appearances and material goods are imposed in everyday life: parties, bars, meetings of friends, cars, clothes...

It is clear that our existence must be full in social and economic terms; In the end, we are human and God has given us a life full of opportunities, giving us health, intelligence, willingness and creativity. But, given so many elements of the world that attract attention, we perceive that the time dedicated to divine things is less and less. That is why it is so difficult to recruit new members for Vincentian Conferences.

We take care of our physique (gyms and crowded parks), of our intellect (schools, faculties, masters), of our food, clothing, housing, employability; But do we take care of the spirit as we should? Do we dedicate enough time to God? Do we share with the humblest the material goods we own? Do we take care of the spiritual dimension in our being? Do we reserve a weekly time to charity?

By observing the civil society that surrounds us, we perceive that the time devoted to religious, spiritual and sanctifying matters is drastically reduced to each generation. Secularization (which occurs when religion ceases to be a cultural and agglutinating aspect of society) and the

media have greatly contributed to the sacred issues being replaced by the “politically correct,” being banalized and converted into something without importance. The values of the family, for example, have been completely destroyed, and woe to anyone who thinks differently in relation to the domestication that pollutes our minds by soap operas!

In dealing with this matter it is necessary to cite a biblical passage in which Jesus teaches us what should be, in fact, the center of our lives. In the Gospel of St. Luke we find Jesus’ visit to the house of Martha, who had a sister named Mary. Maria sat at the teacher’s feet to hear him, while Martha was distracted by housework. Jesus, perceiving Martha’s complaints about her sister, said: “Martha, Martha, you are worried and you lose yourself in a thousand things: only one is necessary. Mary has chosen the best part, which will not be taken away from her.”[1]

Like Martha, sometimes we are so worried about daily chores that we don’t realize the “visit of the Lord to our homes,” to our hearts, to our lives. Many neither notice nor feel His presence. Many do not have time to participate in Mass or to receive the sacraments. Many do not place God as a priority in their path. Many are ungrateful to our Heavenly Father and do not thank him for everything they have. Many take too much work, get stressed and need to spend real fortunes on therapies and psychologists.

In another passage of Scripture, Jesus exhorts the crowd: “Do not be so worried or say: shall we have food?, or what shall we drink?, or shall we have clothes to put on? Those who do not know God strive for these things, but the Father of Heaven, your Father, knows that they need all that. Therefore, first seek your kingdom and your justice, and all these things will also be given to you. Do not worry about tomorrow, because tomorrow will worry about itself. Every day his problems are enough.”[2] First, God and the spirit; Then the other things.

Jesus teaches us what is most important, that is, to hear and follow the words of the Savior; Then, the rest of the issues. Unfortunately, it is clear that contemporary society manages to find time and attention for everything, except for the Most High. Let’s take care of our spirit! Let’s take care of our salvation! Let us take care of the poor of the Lord!

[1] Lc 10:38-42.

[2] Mt 6:31-34.

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