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## **“Try to commit yourself to a plan of life”**

This tying of one's life to a plan, to a timetable, you tell me, is so monotonous! And I answer: there is monotony because there is little Love. (The Way, 77)

July 15

Try to commit yourself to a plan of life and to keep to it: a few minutes of mental prayer, Holy Mass — daily, if you can manage it — and frequent

Communion; regular recourse to the Holy Sacrament of Forgiveness — even though your conscience does not accuse you of mortal sin; visiting Jesus in the Tabernacle; praying and contemplating the mysteries of the Holy Rosary, and so many other marvellous devotions you know or can learn.

You should not let them become rigid rules, or water-tight compartments. They should be flexible, to help you on your journey you who live in the middle of the world, with a life of hard professional work and social ties and obligations which you should not neglect, because in them your conversation with God still continues. Your plan of life ought to be like a rubber glove which fits the hand perfectly.

Please don't forget that the important thing does not lie in doing many things; limit yourself, generously, to

those you can fulfill each day, whether or not you happen to feel like doing them. These pious practices will lead you, almost without your realizing it, to contemplative prayer. Your soul will pour forth more acts of love, aspirations, acts of thanksgiving, acts of atonement, spiritual communions. And this will happen while you go about your ordinary duties, when you answer the telephone, get on to a bus, open or close a door, pass in front of a church, when you begin a new task, during it and when you have finished it: you will find yourself referring everything you do to your Father God. (Friends of God, 149)

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