

How is your heart doing?

How is your heart doing? A few days ago I had once more this experience. My cardiologist asked me: How is your heart doing? And I answered, more or less, I feel as if it was slower. He did my checkup and quickly got me an appointment at the hospital, and in under a week, another surgery for my poor heart. This experience led me to think and analyze my spiritual life, and ask myself: How is my spirit doing? How is my connection to God? I think the best place to answer these questions is in prayer, and Jesus will perform surgery on my soul if something is needed, especially if he needs to do something to deepen my spiritual life and make me grow in my relationship with him.



Fr. Felix writes:

*“a method for my spiritual life:
Living every hour under the loving gaze of the Father,
In union with the beloved Incarnate Word, Jesus,
Under the motion of the Holy Spirit,
And imitating Mary, Mother of God and our Mother.”*

This is for me a wonderful map to grow in the spiritual life. Here are the essential elements about which I need to meditate and work on. I think it is a good summary to understand Christian Spirituality and the Spirituality of the Cross.

I invite you to ask yourself about your relationship with God and the depth of the relationship. And then, take serious steps toward growing in your spiritual life.

The Apostles of the Cross are invited to live a profound spiritual life and continually question ourselves. I believe it is the only way we will achieve transformation into Christ Priest and Victim. It is about returning to the Heart of Jesus so we can comfort it and keep it company, and why not, find ways to help heal it. Prayer is an essential means of growth for the Apostle of the Cross, please don't neglect it.

Fr. Mario Rodríguez-García M.Sp.S.