



SPIRITUALITY REPORT

APRIL 2025

We are called to live a Spirit-filled life through the power of the Resurrection. But, what happens after the day after the celebration of Easter – what's left? Does everything go back to normal? Do we go back to living our regular everyday lives?

The temptation is real. We could go back to our safe everyday routines and just look at Easter as a spiritual highlight of the year. Think for a moment about Jesus' disciples and the hundreds of people who saw Him after He rose from the dead. What if they went back to their normal lives after they knew He was alive? But, they didn't and we shouldn't either.

Are you ready? Will this be your time to let Easter transform your life? Today's the perfect day to think about what needs to be done – and the perfect day to start making changes. Figure out what's holding you back and release it to the Lord. Ask for His help in changing your life. Please, don't wait for another time. Start today while the miracle and gift of Christ's death and resurrection is still fresh in your mind. The links below are a great start. "Take the first step in faith. You don't have to see the whole staircase, just take the first step." —Martin Luther King Jr.

(Please, click on the underlined red titles for a link to these great resource articles.)

A SIMPLE GUIDE TO CATHOLIC PRAYER:

Reviews the 3 types of prayer, along with helpful hints.
— By: Dynamic Catholic

THE EXTRAORDINARY BENEFITS OF THE CONFESSIONAL:

A wonderful and complete article on the benefits of the confessional. — By: Catholic In Recovery

THE UNTOLD IMPACT OF GIVING BACK:

Enhance the quality of life in yourself and in the community — By: Be The Helpers

AN INTRO TO MINDFUL GRATITUDE:

Such a great read and a plethora of ways to express and cultivate gratitude.
— By: Mindful.org

PRAYER FOR TRANSFORMATION — By: DivineDisclosures.com

Almighty God, My heart burns with the desire for transformation. I stand before you. Humbled and open, acknowledging the areas of my life that need your refining fire.

Holy Spirit, descend upon me with your cleansing power. Wash away any negativity, pride or self-doubt that hinders my growth. Reveal the corners of my heart that need your light.

Convict me, Lord, of any sin that separates me from Your perfect will. Grant me the courage to confess and release these burdens, seeking Your forgiveness and grace.

Mold me into the person you created me to be. Fill me with the fruits of Your spirit, love, joy, peace, patience, kindness, goodwill, faithfulness, gentleness and self-control.

Grant me the wisdom to discern your voice above the noise of the world. Opened my heart to your teachings in both the scriptures and through the experiences you placed before me.

Empower me to overcome the temptations that hold me back. Give me the strength to choose your path even when it feels difficult.

Let your transformation flow not just within me, but through me. Help me to be a beacon of your love in the world, reflecting your kindness and compassion and all that I do. May my transformation life be a testament to your mighty work, a constant reminder of your unwavering love and grace. In the powerful name of Jesus Christ, I pray. Amen.