

DAY ONE

MY DAY BEGINS

All people seek peace first of all with
themselves.

That is necessary because we do not naturally
find rest even in our own being. We have to
learn to commune with ourselves
before we can communicate with other people
and with God.

A person who is not at peace with himself . . .
projects his interior fighting into the society of
those he lives with
and spreads a contagion of conflict all around
him. . . .

We must withdraw ourselves . . . from effects
that are beyond our control
and be content with the good will and the
work that are the quiet expression of our inner
life.

We must be content to live without watching
ourselves live,
to work without expecting an immediate
reward,

to love without an instantaneous satisfaction,
and to exist without any special recognition.

(No Man Is an Island, pp. 120–21)

ALL THROUGH THE DAY

I need rest and peace today. Help me to settle
down, to find peace inside, to find you.

MY DAY IS ENDING

This day is coming to a close, and I am not
sure I'm any better off now
than I was when it began, but I am trying.
I am working to discover what troubles me
and prevents me from being in silence with
God.

I'm working on not just watching myself live.
I am looking for Your wisdom to quiet the
noise inside me,
and to focus my attention on what matters
most.

I am told that this is the work of a lifetime,
but I hope it is much quicker than that.

DAY TWO

MY DAY BEGINS

We are warmed by fire, not by the smoke of
the fire.

We are carried over the sea by a ship, not by
the wake of a ship.

So too, what we are is to be sought in the
invisible depths of our own being,
not in our outward reflection in our own acts.

We must find our real selves not in the froth
stirred up by the impact
of our being upon the beings around us, but in
our own soul. . . .

Why do we have to spend our lives
striving to be something
that we would never want to be, if we only
knew what we wanted?

Why do we waste our time doing things which,
if we only stopped to think about them,
are just the opposite of what we were made
for?

We cannot be ourselves unless we know
ourselves.

(No Man Is an Island, pp. 117, 126)

ALL THROUGH THE DAY

I spend too much time watching myself living;
today, I'll live in Your present moment.

MY DAY IS ENDING

If I take a moment to list what is beyond my
control,
it can make me feel dizzy or sick.
There's what happens at work.
There's what happens at home.
And then there is the safety of my loved ones.
And future hopes and dreams, for me and
others.
Even my own health. Uncertainty surrounds
me;
what I'm not in control of dwarfs what is
clearly just mine to handle.
I usually don't know what to do with the
worries in my life.
They *are* worries—there is no use lying to
You.
So there it is, and there they are.

DAY THREE

MY DAY BEGINS

I know I will possess all things if I am empty
of all things,

and only You can at once empty me of all
things and fill me with Yourself. . . .

This will be my solitude, to be separated from
myself

so far as to be able to love You alone. . . .

I no longer desire to be myself, but to find
myself transformed in You,
so that there is no more “myself” but only
Yourself.

And that is when I will be what You have
willed to make me from all eternity:
not myself, but Love. And thus will be fulfilled
in me,

as You will it to be fulfilled, Your reason for
the creation of the world and of me in it.

(Entering the Silence, p. 49)

ALL THROUGH THE DAY

Help me find some of Your true solitude
today, which I know can be present even
when I am busy and with other people.

MY DAY IS ENDING

What would a transformation of me look like?

What would happen in me, and through me,
if there were far less of me and much more of
You?

What would happen if I felt secure reaching
for the unknown?

I'm not yet sure of the answers to any of these
questions,
and honestly, the questions themselves leave
me feeling anxious.

But this is the process of conversion,
and I want to discover who I am
meant to become, and I know that that will
happen only through You.