

Many people are unaware of the deep spiritual lineage found in the Judeo-Christian tradition. Here we would like to offer just a basic outline / introduction, including new video clips.

**Introductory video clip.**

**[1.&nbsp;Who is Jesus, and what makes Him unique ?](#)**

**2. A look at the spiriual journeys of two modern people.**

Video clip ( 9 minutes) - [On Thomas Merton, major spiritual writer of the 20th century.](#)

Video Clip ( 9 minutes) [Fr. Robert Barron on Thomas Merton, Spiritual Master.](#)

Video clip (9 minutes) - [Dorothy Day, founder of the first soup kitchens and homeless shelters in NY in the 1930s.](#)

### **Books**

- All are well-written, practical contemporary classics. Copy and Paste these Titles to Search on **Amazon**

1. No Man is An Island - Thomas Merton
2. The Jesuit Guide to Almost Everything - James Martin SJ
3. Furrow - Josemaria Escriva
4. Advent of the Heart - Prison Meditations - Alfred Delp SJ

5. The Spiritual Maxims of St. Francis DeSales - C.F.Kelley editor

6. [Abandonment to Divine Providence - Jean Pierre DeCaussade](#)

7. The Ignatian Adventure - Kevin O'Brien SJ

8. The Long Loneliness - Dorothy Day

9. How to Find God (And Your True Self in the Process) - Hubert vanZeller

**3. The Spiritual life, Prayer is the effective way God communicates and transforms us.**

Many spiritual ways are available to deepen our daily existence / lives. To start, find two or more suitable to your needs and personality.

[Ignatian Contemplation - James Martin SJ \( 4 minutes\)](#)

[Lectio Divina - James Martin SJ \( 4 minutes\)](#)

[The Examen Prayer - video clip - 6 minutes](#)

[Exploring Meditation and Contemplation -&nbsp; \(4 minutes\)](#)

*"What I really prefer is adoration in the evening, even when I get distracted and think of other things, or even fall asleep praying. In the evening then, between seven and eight o'clock, I stay in front of the Blessed Sacrament for an hour in adoration. But I pray mentally even when I am waiting at the dentist or at other times of the day."*

*- Pope Francis*

**4. And then what ?**

**The next step, - two ideas from Pope Francis, -**

"I see the church as a field hospital after battle. It is useless to ask a seriously injured person if he has high cholesterol and about the level of his blood sugars. You have to heal his wounds. Then we can talk about everything else."

*- Pope Francis*

*"Jesus keeps knocking on our doors, the doors of our lives. He doesn't do this by magic, with special effects, with flashing lights and fireworks. Jesus keeps knocking on our door in the faces of our brothers and sisters, in the faces of our neighbors, in the faces of those at our side."*

- Pope Francis

[Video - Everyone is Called Where We're At, ... What Are We Each Doing? Jim Siwicki SJ \( 3 minutes\)](#)

[Video - Mercy, Love - Fr. Larry Richards \(30 minutes\)](#)

*"God is in everyone's life. Even if the life of a person has been a disaster, even if it is destroyed by vices, drugs or anything else-God is in this person's life."*

*You can, you must try to seek God in every human life. Although the life of a person is a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God."*

*When I insist on the frontier, I am referring in a particular way to the need for those who work in the world of culture to be inserted into the context in which they operate and on which they reflect. There is always the lurking danger of living in a laboratory.*

*Ours is not a 'lab faith,' but a 'journey faith,' a historical faith. God has revealed himself as history, not as a compendium of abstract truths.*

*I am afraid of laboratories because in the laboratory you take the problems and then you bring them home to tame them, to paint them artificially, out of their context. You cannot bring home the frontier, but you have to live on the border and be audacious."*

*- Pope Francis*

