



## 5 Daily Interior Life Skills to awaken the Saint in us.



**JESUS** thank you for living every breath in me!  
*Breath by breath, I let go, to your Love.*

1. **NADA**: LET GO OF ALL  
*I let go in grateful surrender...  
to your Spirit of Love in me.*  
+thanksgiving. +praise. +sensitivity.

2. **SHEMA**: LISTEN ATTENTIVELY  
*I let go in humble acceptance...  
of your now Word of Love in me.*  
+meditate. +repent. +dialogue.

3. **COMMUNIO**: UNITE IN LOVE  
*I let go in your Loving Presence...  
with One Heart of Love in me.*  
+adoration. +watchfulness. +contemplation.

**Dare to be Saints!** -St John Paul II

Do you not realize that Christ Jesus is **IN YOU**?  
-2 Corinthians 13:5



4. **FIAT**: YES TO MISSION  
*I let go to the Divine Will...  
Our Father's Reign of Mercy over all.*  
+worship. +intercession. +evangelization.  
*"Jesus is the Life to Be Lived." -St. Teresa of Calcutta*



5. EVENING **EXAMEN**: SHINE THE LIGHT  
*I let go & examine my life honestly...  
with your Light of Love in me.*  
+gratitude: Lord, what can I be grateful for today?  
+review day: how did I respond to your Loving Presence?  
+clear conscience: Lord, what do I need to confess?  
+receive: What areas do I need your Mercy & Healing?

**Commit. Practice. Deepen over a lifetime.**

Jesus, I \_\_\_\_\_ commit to live these 5 Daily Life Skills of Saints.

**REFERENCES:** **Jn 15:5-10** **OBLATIO**: Acts 1:8, Jn 7:37, Jn 14:26 Catholic Catechism **521, 1698**, 2666-2672. **MEDITATIO**: Jn 8:31,32, Ps 1, Mt 4:4, Rom 10:8 Catechism 2705-2708.  
**COMMUNIO**: Lk 10:38-42, Mt 11:28-30, Ez 36:26, Eph 3:16-21 Catechism 2709-2719.  
**MISSIO**: Mt 6:6-14, Mt 28:18-20, Jn 17:20, Eph 1:3-10, Gal 2:20 Catechism 2761-2865.  
**EXAMINO**: 1Jn 1:5-10, Acts 24:16, Gal 5:16-22 Catechism 1430-1432 1455, 1014, 2028.  
**+What am I experiencing now? +Do I choose to let go to Jesus in me?**



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