

Seeds of Hope, Stories for Lent #8 - The Daily Decalogue of Saint Pope John XXIII

Today's story seed comes from the man who called the Second Vatican Council, because the garden that is the Church needed some pruning.

His reflections known as his Daily Decalogue have been adapted by Al-Anon and called "Just for today..."

These are the 10 daily seeds that helped Angelo Giuseppe Roncalli grow to become Pope Saint John XXIII.

1) Just for today,

I will seek to live this day positively without wishing to solve the problems of my life all at once.

2) Just for today,

I will take care of my appearance:

I will dress modestly;

I will not raise my voice;

I will be courteous in my behavior;

I will not criticize anyone;

I will not claim to improve or to discipline anyone except myself.

3) Just for today,

I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.

4) Just for today,

I will adapt to circumstances,

without requiring all circumstances to be adapted to my own wishes.

5) Just for today,

I will devote 10 minutes of my time to some good reading, remembering that just as food is necessary for the life of the body,

so good reading is necessary for the life of the soul.

6) Just for today,

I will do one good deed and not tell anyone about it.

7) Just for today,

I will do at least one thing I do not like doing;

and if my feelings are hurt, I will make sure no one else notices.

8) Just for today,

I will make a plan for myself:

I may not follow it to the letter, but I will make it.

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I will be on guard against two evils:
hastiness & indecision.

9) Just for today,
I will firmly believe, despite appearances,
that our good God of Providence cares for me
as no one else in this world.

10) Just for today,
I will have no fears.

In particular, I will not be afraid to enjoy what is beautiful
and to believe in goodness.

Indeed, for 12 hours I can certainly do what might cause me consternation were I to believe I had
to do it for my entire life. To conclude, here is an all embracing resolution. I want to be kind,
today and always; to everyone.

Amen? Amen!

For Further Reflection

1. Which one of these declarations is the hardest for you to live?

2. Which do you feel is the most important?

*“Whoever is wise enough to observe these things, they shall understand the loving kindness of
the Lord.” Psalm 107: 43*