

# Live abundantly! Live in Jesus!

## Enjoy true freedom as sons and daughters of God

*Jesus offers humanity a fresh perspective on human life. These simple practices can help us realize the opportunities to live a richer human life in this world and to prepare for an eternity of happiness in Heaven. **Choose one or two to start on today:***

Hospitality	Welcoming and including people into the life of our household and community, particularly the stranger in our midst.
Celebrating Life	Appreciating the gift of life and enjoying the important events connected with the telling of our personal and community experiences. (holidays, birthdays, etc)
Keeping Sabbath	Choosing to live on Sundays in a way that is re-creating and renewing of our spirits.
Discernment	Appreciating the opportunity we have to make choices and consciously choosing wisely in our daily lives.
Praying	A conscious encounter with the Blessed Trinity. Cooperating with God's grace can make our work and our lives part of being a prayer-filled person.
Participating in Community	Living as part of a community invites us to share our lives with those around us, using our gifts and talents.
Caring for the Body	Appreciation of the body as sacred and treating it with respect. Exercise and preserving our health witnesses to this respect.
Doing Justice	Justice requires not only recognizing the rights of others, but putting ourselves to the task of building a culture that is just.
Appreciating Beauty	Recognizing and preserving the beauty of the world around us, as well as in the things created by man.
Listening to the Word of God	Listening involves not just hearing the Word, but taking it in and pondering it, and making a response in love.
Forgiving	The fruit of sin is division. We are invited to put an end of the wounds of sin and death by being a people of healing and reconciliation.
Eating Well	Enjoying healthy foods in appropriate measure. Cultivating habits of eating in a way that the appetites are disciplined toward a healthy life style.
Dying Well	Death is a part of our lives and not the result of too little faith nor a hopeless sign of futility, but is a sign of hope in the fulfillment of the promise of Heaven.
Managing Household Life	Order makes household life easier, living within our means financially and using time and energy wisely avoids the chaos that would consume us.
Relating	As persons we are created to be in relationship with others, sharing each other's joys and sorrows through acts of appreciation, acceptance, affirmation and affection. The Blessed Trinity lives this relationship of persons.
Serving	Real love must be put into action helping others.