

Goodwill: BE GOOD AND DO GOOD

Our life should be plain living and high thinking. By our prayer and meditation, we need to carry on these conditions to live happily in our lives. Our happiness should never be subjected to any outside influence because we are the cause of our own happiness or sadness and no one can take away that happiness from our lives. Don't allow an outside environmental factor or force take away your inner peace.

Analyze yourself to find out what you should be and what you want to be. Don't keep your mind engaged in too many activities. See that you engage yourself in doing important things. Don't waste your time in doing unimportant things. Read good books that influence and encourage you to live a happy life. Keep your mind continuously on your inner life – spiritual joy. Be in good company for inspiration and encouragement. Change your environment if necessary, then no one can ever disturb you. Remember, if you don't become a better person day by day, then you are going backwards in your health, mental peace and spiritual joy.

Analyze yourself fearlessly to better yourself, then you will be able to withstand the critical analysis of others without flinching. Don't dwell on the faults of others. That is the work of vultures. There is already too much evil in the world. Don't talk of evil, think of evil, or do evil. Be like a rose that would give off the sweet fragrance of soul goodness. Make everyone feel that you are a good friend and helper, not a destroyer.

If you want to be good, consciously develop the virtue of goodness. Learn with all your efforts, as you learn other arts, even if it is difficult. In all your struggles, you will come up like a chicken from the shell of an egg with life. Banish the evil from your life unconditionally. Make everyone feel that you are an image of God not just by your words, but also by your life and behavior. Emphasize the light in you, and the darkness will no longer exist. Be good and do good.

A necessary condition for inner peace is goodwill. Goodwill is the purity of heart. In spite of failures, one needs to come back to God and say "yes" to God in all things without exception. Only this good will carry us, little by little towards perfection. The man who has given his will to God has, in a way, already given God everything. We cannot truly be at peace as long as our hearts have not found their unity with God and our hearts cannot be unified until all our desires are subordinated to the desire to love God, to please Him and to do His Will. It means that we need habitual determination to detach ourselves from all that is contrary to God. Saint Gertrude, when she expressed her desire to have goodwill, the Lord Jesus Christ said to her, "In all things and above all else, have goodwill; only this disposition will give your soul the light and the special merit of all the virtues". Be good and do good is the sum total of our spiritual lives. So why wait, be good and do good with purity of heart.

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