

“But  
why is this granted  
to me, that the  
mother of my Lord  
should come to  
me?”

Luke 1:43



The Visit of  
St. Mary to  
St. Elizabeth  
&  
The Path to  
Renewed Daily  
Energy



# The Three Steps to renewed energy

1. Connection
2. Adjustment
3. Positivity



# I. Connection

- God is the source of life for us
- St. Mary's prayer and her deep understanding of God's words and promises



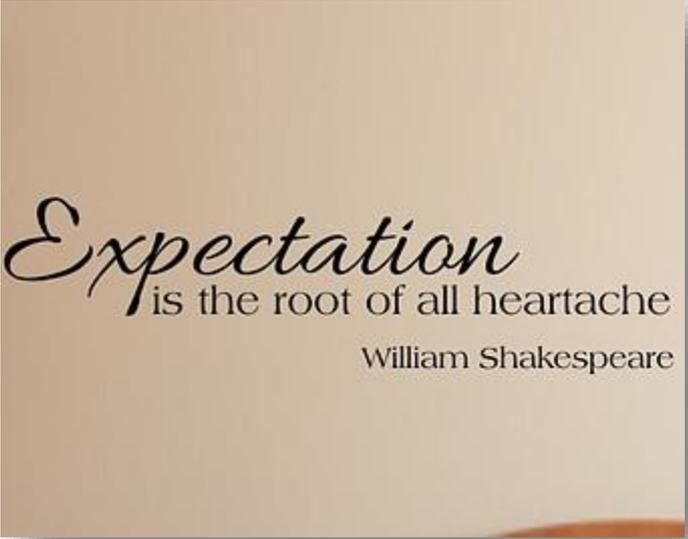
## II. Adjustment <sup>(1)</sup>

- Adjusted expectations lead us to unhindered contentment
- St. Elizabeth and her surprise and gratefulness when she saw St. Mary



## II. Adjustment <sup>(2)</sup>

- My expectations of God, the Church, others and myself are all in need of continuous fine-tuning



*Expectation*  
is the root of all heartache  
William Shakespeare

## II. Adjustment <sup>(3)</sup>

- From God:
  - God is not in my image,  
I am in His
  - God is not my servant,  
I am His
  - God is a wise and a  
loving Father



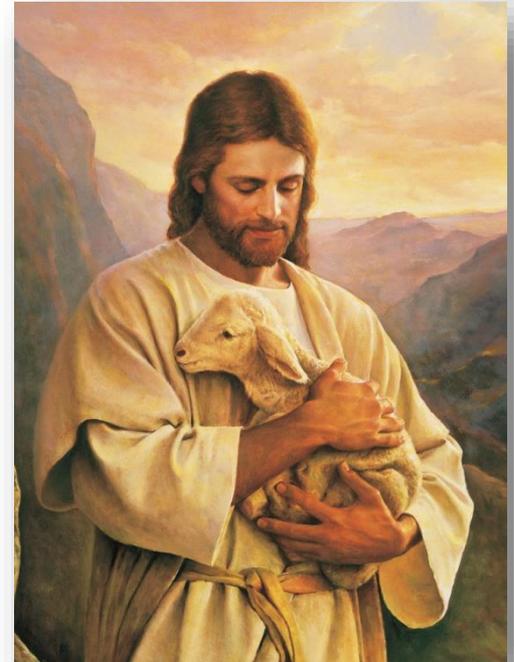
## II. Adjustment <sup>(4)</sup>

- From the Church:
  - It is a hospital, no wonder we see many sick people!
  - The Church teaches it is my responsibility to follow through



## II. Adjustment <sup>(5)</sup>

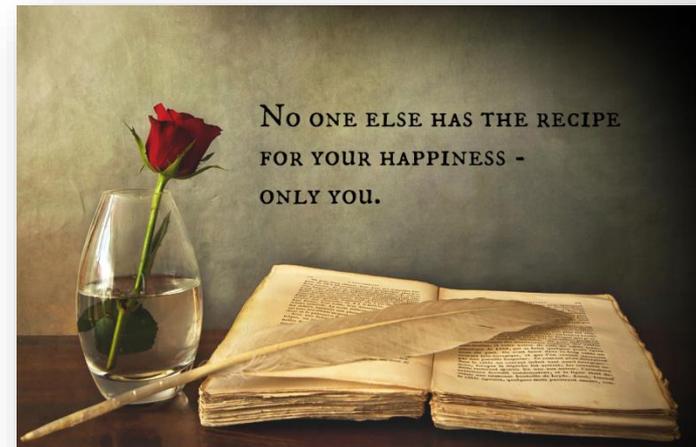
- From the Church: (Cont.)
  - Service is offered to the best possible ability
  - The Church searches for the lost sheep. They are many, not only one!



## II. Adjustment (6)

- From others:
  - Understanding others' limitations: "If you put up with yourself, why not put up with everyone else"

*Guigo I. Meditations*



## II. Adjustment <sup>(7)</sup>

- From others: (Cont.)
  - Friendship is a mutual decision, never one-sided
  - Unity in marriage is a high maintenance matter



## II. Adjustment <sup>(8)</sup>

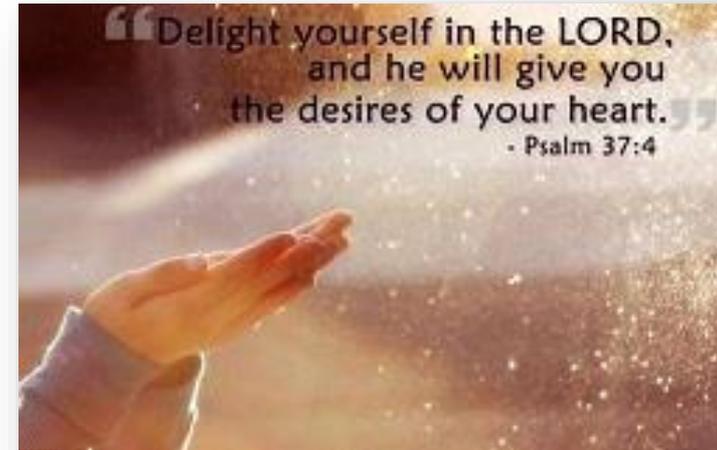
- From myself:
  - Failure is a step on the road of success
  - Insanity is to do the same thing and expect a different outcome

**REMEMBER THAT  
FAILURE IS NOT  
THE OPPOSITE OF  
SUCCESS, IT IS A  
PART OF SUCCESS.**

# III. Positivity <sup>(1)</sup>

1. Remembering what is good and how God worked with us:

“For He who is mighty has done great things for me” (Luke 1:49)



# III. Positivity <sup>(2)</sup>

2. Focusing on the solution  
not the magnitude of  
the problem:
  - God's talk with Cain
3. Avoiding the  
exaggeration



# III. Positivity <sup>(3)</sup>

4. Seeing what is positive in ourselves and in others around us
5. Focusing on the main picture

