



*“Oh how serious life is: each minute is given us to  
‘root’ us deeper in God”*

(L 333 Saint Elizabeth of the Trinity).

Dear Brothers and Sisters,

Blessed be the Lord for granting us this new year, more than half a million of minutes at our disposal to love Him and to get more and more immersed in Him. “Oh how serious life is: each minute is given us to ‘root’ us deeper in God” (L 333 Saint Elizabeth of the Trinity). In her Prayer to the Holy Trinity, Elizabeth humbly pleads: “but may each minute carry me further into the depths of Your Mystery”. Time is the greatest gift God is giving us. We are not still around because of good health, or because we are still needed for a particular office, but we are still here because God intentionally wants us to be still here. Like with baking a cake, one will never leave the cake in the oven for a minute more than that needed, and not even one less.

Let’s imagine we have a three hour exam. In that circumstance we are faced by a paper which requires all our efforts for three full hours of work. Even the most diligent student would feel the need for some extra time to review all their replies, so it might happen that the exam invigilator, seeing how diligent that student must have been along the three hour exam period, might give him ten extra minutes for revision of paper. Those ten minutes might be exactly what that student might need to go through the exam passing mark threshold. So imagine if those ten extra minutes were not given to that diligent student, that student might have easily failed that important exam.

This is what we must think about as soon as we wake up every morning. God is giving us another day. God in His goodness is granting us 1,440 new minutes to get more ‘rooted in Him’, to be ‘carried further into the depths of God’s Mystery’. This is the real reason why we are still around, believe me nothing more than that. What God wants and what God is working for is that we get one with Him, already from this life, and therefore that is the reason he is still permitting us to live. When we die, the game to get ‘rooted more in God’ would be over.

What I am writing about might seem exaggerated, but Elizabeth writes of minutes. She doesn’t say ‘every hour’, ‘every day’, or ‘every week’, but she writes: EVERY MINUTE, every minute of the 1,440 we have every day, and every minute of the year (525,600), or every minute of the 2,102,760 we have on a four year period (with one leap year). Yes believe it or not every minute, each and every one of them is given to us by God as a gift.

How many minutes have you lived till now? Look how completely covered by grace you have therefore been by God in your long life, not to mention the greatest gift of all, that to have permitted to you (and not to another embryo) to get conceived and be thus open you for union without end with God. You have been chosen by God, while millions of other embryos were discarded by God, because God CHOSE YOU, yes you, as you choose your vegetables at the market according to what your cooking plans are. God’s plan for you remains always perfect union with Him. That’s why it’s a must for us to use wisely the time (minutes) God is donating to us.

Happy New Year to all of you.

*Fr Juan De Bono, ocd*