

# Splendor In the Ordinary

## Action Questions to Consider

### THE FOUR WALLS

- Do you consider your vocation as one that expresses *my life for yours*?
- Is it difficult for you to resist the me-centered media driven noise that permeates our culture?
  - Does that threaten your peace?
  - Does it intrude in your thoughts?
  - How can you eschew it and guard your thoughts?
  - Where is this noise coming from? What is the source? Can you eliminate or mitigate it?
- In what ways do you model *my life for yours* in your home with the persons inside your four walls?
- Do you find yourself resentful and bitter when called upon to serve or express love?
  - Often? Only at certain times?
  - What triggers this resentment and irritation?
  - Can you brainstorm ways to catch yourself before you make a response of irritation?
  - Can you identify a trigger you can reduce or eliminate or offer up?
- Do you identify with the martyr complex?
  - Do you allow your husband to express his naturally protective nature and assist you?
  - Do you invite him to offer help when you are in need? (sometimes we are so good at cloaking our needs that a husband needs gentle help to see an opportunity to serve but if this request is couched in bitterness he will likely recoil in defensiveness)
  - Can you graciously receive his help when offered?
  - Having modeled *my life for yours*, do you allow your children to express that also?
    - Do you welcome their gift and show appreciate when it is offered?
  - Do you start your day with prayer?
  - Do you take time each day to nurture yourself through reading?
  - Do you take the time to make self-care a priority?
    - Perhaps there are aspects of self-care you'd like to improve on - set goals over a year to slowly grow and improve habits of self care. What are they?

-----

-----

-----

-----

# Splendor In the Ordinary

## Action Questions to Consider

*The following questions are NOT INTENDED TO PROMPT PUBLIC DISCUSSION. They are shared to be a potential springboard within the confines of a private discussion between husband and wife or with a confessor.*

- Do you feel love has receded in your marriage?
- Do you struggle to love a particular child?
- Can you identify a potential source(s)?
- Do you harbor resentment toward your spouse?
- Do you regularly confide in your spouse?
- Do you overshare about your spouse's shortcomings to friends or family?
- Do you publicly share about a child's weaknesses, struggles, or shortcomings (in a public way - different from asking in confidence or within a trusted friend group) that could expose the child to embarrassment and suffering?
- Have you considered the idea of commitment and what it means to you and all the many hats you wear and responsibilities you shoulder?
  - When faced with a challenge, do you commit to it and lean into God's grace, or do you immediately ask someone else to solve the problem for you?
  - Do you instantly (reflexively) look for a material thing to solve a problem?
  - Do you spend the time committing to a challenge and looking for root causes, even if the result of that prayerful brainstorming has consequences for you (such as extra care in self-discipline, relaxing expectations, accepting crosses)?
- Considering all of the joys, sufferings, and crosses in your life, do you place them at the feet of the Lord, offering them back to Him?

Action items: list areas that you find especially difficult to express MY LIFE FOR YOURS - JOYFULLY:

-----  
-----  
-----  
-----

Can you choose 1 - 2 to target during Advent, or for the next several weeks? Ask yourself why you're having trouble expressing joy? What is it about the opportunity that makes laying down your life so hard? Is this a self-discipline issue? A spiritual issue? A personality conflict? Seek to get to the root of the problem and drag it out into the light, then bring it before the Blessed Sacrament and ask him to transfigure this challenge with His grace.