



Pearls from Day 6: The Interior Life is Necessary to Sustain the Active Life

We all possess self-awareness and have an interior world of dialogue with self – our ego. But this isn't "life" in the fulness of the word. Life is relationship, and conversation with self is not relationship.

But how are we to have a relationship inside of our own mind? The answer, of course, is found in God.

We develop an interior life (instead of simply an ego) when we become aware of God and "tend to seek God in everything, and to substitute for egoism love of God and of souls in Him." (Fr. Garrigou-LaGrange, *Three Ages of the Interior Life*).

Our interior life requires *grace*. We can't know God and grow in relationship with Him without his grace. First the sanctifying grace of baptism and then God's on-going actual grace and sacramental that sustain and strengthen us.

We must say "yes" to God's grace. God will prompt us to share in his work (serving people around us) and give us the grace to accomplish it. If we say "yes" the grace is turned into glory. If we say "no" the grace never transforms into glory, it is inoperative, like putting a fresh battery in a flashlight but never turning it on.

Key concept #1: Our Interior Life is Meant to Encompass Our Entire Life

Our interior life flows from our mental prayer and is intended to eventually permeate and transform our entire active life as well – so that everything we do becomes a loving dialogue with God.

Key concept #2: Our Interior Life is Superior to Our Active Life

Scripture and tradition have always given pride of place to the interior life (e.g. the story of Martha and Mary, and the example of Jesus' solitary prayer). Our interior life perfects our active life.