

Theory 1

HAPPINESS AND A PLAN OF LIFE

The Goal of Life is Holiness

Holiness is transforming union with Jesus.

We are invited to become an adopted son or daughter of God the Father in Jesus Christ. “The soul becomes God from God through participation in him and his attributes...” John of the Cross, *Living Flame* 3:8)

Holiness and Happiness are the same thing!

Everyone wants to be happy.

This desire [for happiness] is of divine origin:
God has placed it in the human heart to draw man to the One who alone can fulfill it.”

CCC 1718

Happiness is to possess the good things we need to fulfill our human nature. What do you want to be happy? God created all people with a common human nature that needs certain good things to be happy:

1. Union with God through union with Jesus
Receive the life of Jesus by the frequent reception of the Eucharist, Reconciliation, and Daily Mental Prayer
2. Physical and Emotional health (that comes from sleep, nutrition and hydration, exercise, hygiene, shelter, clothing)
3. Relationships with Family and Friends
4. Meaningful work in which we do some good for others and for the world
5. Knowledge and truth
6. Beauty

Money, time and power are not goods, just means to goods. We need all the goods, but we must keep them in order.

Love the lesser things less; love the greater things more,
for virtue is rightly ordered love.

We need a way to organize our lives to reach happiness and holiness.

- We call this a plan, a rule or a recipe of life.
- St. Pachomius (+348); Basil (+379) and Benedict (+547) suggest to us a Rule, Strategy, Structure ---→ Recipe
- A Rule of Life is a schedule, a strategy, a recipe – whatever you want to call it to live a well-ordered and balanced life and be at peace.

A Rule of Life is like baking – not cooking. We need:
The Right Ingredients
The Right Order
The Right Proportion

A Recipe of Life

1. Physical and Emotional Needs
 - a. Sleep 6-8 hrs/day
 - b. Personal hygiene 30 min to an hour each day
 - c. Eat 2 hrs/day
 - d. Exercise 30 min 3-5 days/week plus the commute to gym if necessary
 - i. 11 hours
2. Friendship with Christ
 - a. 30 min/day in Meditation/Rosary
 - b. Frequent the Eucharist and Reconciliation
 - i. 1-2 hours
3. Time for Friendship with your spouse, kids, friends
 - a. 1-2 hours
4. Meaningful Work
 - a. *In* the home or outside of it
 - b. 1 hour for your commute
 - i. 9 hours
5. Knowledge - About God and the good world he created
6. Experience beauty in its many forms

That's about 24 hours.

C.S. Lewis said:

Put first things first and we get the second things thrown in;
put second things first and we lose both first and second things.

Be creative in combining two or more of these at one time: walking and talking with a spouse or friend at sunset gets your friendship, exercise and beauty!

Now that you know what you want to be happy... What are you going to do about it?

First, reflect on your life currently: Do you have too much of some ingredients? Too little of others? Do you have some wrong ingredients that are harmful?

Second, do you have a Rule or Recipe of Life or do you need to create one for yourself?

Third, what specific action do you want to take or what strategy could you employ to have a more well-ordered and balanced life that would result in a greater happiness?