

Choices. We make them everyday. Some are easy like what to eat or what to wear. Others are more difficult, like how to forgive, how to live with suffering, how to love our enemies...In all our daily challenges we choose. It is a gift of God called free will.

In our first reading from Sirach we will hear over and over again, the choice is ours. God will not force us to choose good. We can choose to trust in God and thus choose life. Or not. It seems easy in theory. Of course we choose life. Of course we choose God. But when we are faced with the more difficult challenges of life, how do we choose?

We don't do it alone. We turn to those who have devoted their lives to the study of life's more difficult issues. We speak to the pastoral leaders that we know and who know us. We ask the hard questions. We spend time in quiet listening, waiting upon an insight that might guide us.

Choosing is not easy but it forms our conscience in love. It calls forth the truth, the honesty, the openness that defines us. We may feel vulnerable but we grow in integrity, becoming the fully human people God created us to be.

How have the tough choices you have made in life formed you into the person you are today?

This week let us pray that we may handle with care –and with prayer - the decisions we face each day.