

Changing our Hearts: Conversion

Suggestions for further reflection

The Ten “Commandments” for
Mature Living



1. Live in gratitude and thank your Creator by enjoying your life.
How do I express my gratitude to others? To God?
2. Be willing to carry more and more of life’s complexities with empathy.
Do I accept the limitations and frustrations of my life with empathy?
3. Transform jealousy, anger, bitterness, and hatred rather than give them back in kind.
Do I love an enemy? Forgive a hurt? Be kind instead of bitter?
4. Let suffering soften your heart rather than harden your soul.
Do I choose to live in bitterness or in love?
5. Forgive—those who hurt you, your own sins, the unfairness of your life, and God for not rescuing you.
When I have been wronged, can I forgive? Can I forgive myself? God?
6. Bless more and curse less!
How do I bless others? Or am I threatened by others who are younger, more talented or more intelligent than I?



7. **Live in a more radical sobriety.**
Do I lie, rationalize, cover up or be dishonest, or do I courageously admit my wrong?

8. **Pray, affectively and liturgically.**
Do I make my life a prayer by living in respect, graciousness, and love?

9. **Be wide in your embrace.**
Have I put up walls to block diversity or differences in others, or am I welcoming and comfortable with the "other"?

10. **Stand where you are supposed to be standing, and let God provide the rest.**
Do I do my best, whatever life throws at me, whatever my limits and shortcomings, and trust that God will provide for me?

Reflect on Ezechiel 36: 26-28: "I will give you a new heart and place a new spirit in you, taking from your bodies your stony hearts and giving you natural hearts. I will put my spirit within you and make you live by my decrees."



Create in me, O God, a clean heart! Open and receptive; cleared of the refuse of old battles; bathed from harsh thoughts, shame and perfectionistic tendencies, warmly receiving others without judgments; brushed free of frantic busyness; rinsed of the residue of false messages about my identity; cleansed of anxiety and lack of trust; scrubbed of racism and prejudice, drawing all toward me as sister and brother; washed with your mercy and strengthened by your love.

Adapted from Joyce Rupp, *Out of the Ordinary*

Which statements ring true? Bring that to your prayer.