

There's an expression: "Give credit where credit is due."

In the Letter to Timothy we have an insight where "credit" is due. Timothy speaks of "the strength that comes from God." When we are successful in our Lenten resolutions; when we abstain from meat on Fridays of Lent; when we are faithful to the 10 Commandments and the Commandments of the Church; when we live the Beatitudes... to God belongs the credit. God is the source of the strength that enables us to live lives of holiness.

When we persevere through a difficult situation...when we keep promises...when we are honest...we do so because of "the strength that comes from God."

When we forgive.....when we are patient and kind....when we are generous.....it is "the strength that comes from God" which enables us to do so. The credit belongs to God.

Some people have a sticker on their bathroom mirror...or in a kitchen window...or on the refrigerator which states: "God, there isn't anything between the two of us that we cannot manage today." That is the Spirit of giving God the credit for the strength it takes to make it through our day.

This week: Pay attention to the strength we receive from God.
Acknowledge this gift.

My sisters and brothers: Give credit where credit is due. When we do so, we will experience an increase of peace and joy.