

# Understanding Truth

The stressful insanity of our existence has the tendency to weigh us down and make us feel trapped within the world around us, unable to break free from our day to day living, that binds us and prevents us from being able to be present to God and open our hearts to the fullness that He longs to give us.

Many times the teachings of the Church, which should guide us on how to live in the world, can seem burdensome and out of date, largely in part because we are unable to see the true and unimaginable beauty behind Church doctrine. Those who preach the teachings of the Church many times will fail to convey the beauty and wholeness of the teachings, focusing more on the individual words of each teaching, than on the beauty of the whole truth. It's important to keep in mind that each teaching is not individual, but is a facet of the full truth. You cannot understand any teaching without view of the whole truth.

***“The true beauty and grace of this world is found in the infinite and divine truth of God” Unknown***

There is a tendency with Sacred Scriptures as well; we tend to look at an individual teaching and see it as just that one teaching, not connected with all of Scripture. We must first look at the actions of God, throughout time: How does God act toward His creation? Well the sheer fact that He came to be one of us, in order to die for us, says more than words can ever express. Point being that we need to be ever present in God's love, mercy and majesty in order to even begin to comprehend Scripture and the teachings of the Church.

***“...each word of Scripture is a gift before it is a demand.” Pope Francis  
Evangelii Gaudium 142***

***Dear Jesus,***

***Grant that I may never lose sight of Your limitless and infinite love. Grant to me the peace I need to open my heart to the wonders of Your Word. Help me to discern the new depths in Scripture and how I can live out the teachings of the Church. May I grow to experience daily a new depth in the beauty of Your merciful and ageless love. Strengthen me to live my life in the beauty of all creation, no matter what the circumstances of my life may be. Walk with me that I may know You and in turn discover me. Amen***