

As we bring 2023 to a close and begin a new year, we are usually thinking about those New Year's resolutions we can make to improve our lives in some way. Recently I was listening to something on the radio and they were talking about living life with more intention. "Living intentionally means thinking ahead and making choices based on your personal values, beliefs and goals." The key to intentional living is found in Ephesians 5:10, "and try to learn what is pleasing to the Lord." If we put it into practice, living intentionally could change our life.

In doing a little research I found, intentionality happens when we combine information, insight and action. Gather the facts you need to know –think about the situation; Look at the situation in a new, heartfelt way-how you feel- meditate on Scripture; and then do something with the information and insight you've gathered –it's what you do. With a balance of intentional Thinking, Feeling and Doing we can have a life filled with peace, passion and progress. When we apply the teaching in Ephesians 5:10 to each area of our life: Faith, Family, Health, Finances and Work, we will embark on the intentional life in Christ that we desire.

On the feast of Epiphany,(January 7th) take time to bless your home. Write with blessed chalk above the door like so: 20 + C + M + B + 24 The letters stand for the names of the three Magi, Caspar, Melchior and Balthasar. They also represent the Latin blessing *Christus mansionem benedicat*, which means "May Christ bless this house." A prayer for blessing a home is recommended at this time. The prayer is said once at the main entrance of the house. You can also sprinkle holy water throughout your home.

Then all year long every time you pass through the doors of your home you'll call to mind that you are under the protection of God in His Angels and in His Saints as His adopted children!

A suitable prayer:

Hear us, O Holy Lord, Father Almighty, Eternal God, and send Thy Holy Angel from Heaven to watch over, cherish, protect, be with, and defend all who live in my house. I call upon Your Saints, Casper, Melchior and Balthazar, to protect my family and my home from every harm and danger, and I place the marks of their holy names over the doors of my home to remain there as a constant reminder to us and to all who enter here that my house is truly a house of the Lord.

O God, make the door of my house wide enough to receive all who need human love and companionship; narrow enough to shut out all envy, pride and strife. Make its threshold smooth enough to be no stumbling block to children, nor to straying feet, but rugged and strong enough to turn back the tempter's power.

O God make the door of my house the gateway to Thy eternal Kingdom. I ask these things in the Name of Jesus Christ Thy Son. Amen.