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WORD OF LIFE

The First Step!

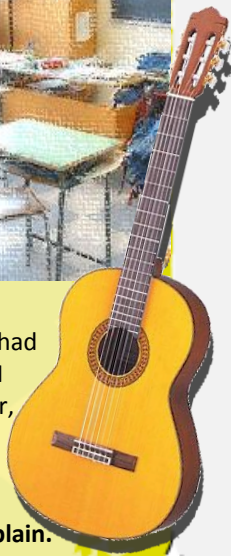
Hi!

My name is Veronika and I live in the Czech Republic. When I got to know the Young for Unity I understood **that my life had to change.**

The first step?
Love my music teacher!

I had never gotten along well with her.

Several times during class, I had told her what I thought of her, and so she often called my mom to complain.



When I began to understand what it means to love, I realized that I had to apologize to her for my behavior. I started acting better in class and tried not to object to everything she suggested. One day after class, I asked if I could speak to her, but she didn't want to, because she thought I was going to protest the low grade she had given me.

Instead I told her I wanted to apologize.

I told her that I was determined to change, and also explained what I had discovered about love and unity.

At first she misunderstood me, but I went on to explain how I am living now and about my new relationship with God – even though I knew she didn't believe in God.

We spoke a lot that day. I was really happy. Since then we have a good relationship and I am discovering many positive things about her that before I just didn't see.



RULE OF LIFE

«Believe in the Gospel...» (Mark 1:15)
Read more about this sentence in St. Mark's Gospel

When we live the Word of God, the result is a total change in our behavior and way of thinking (the Gospel calls it "a conversion of heart").



**The secret?
The words of Jesus.**

His words are not just suggestions or directions or commands.

Jesus is actually present in his words. He is the one speaking to us!

When we welcome his words in our hearts as he wants us to do (meaning that we are ready to put them into practice), we are one with him and he is born in us or grows even more.

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Some people might think that the teachings of the Gospel are too hard or too spiritual for them. Or they might say it is too far from the world's way of thinking and acting. They close themselves off from the Gospel, or else get too discouraged to live it.

It would be enough to try to live just one sentence of the Gospel to see that it is a tremendous help, giving you unexpected strength. **Because each Word of God is a presence of God,**

**MAKING YOU PURE and FREE
CONSOLING you
and GIVING YOU WISDOM and JOY.**

Every time we are discouraged by difficulties, this Word can be a stimulus to **start over again.**



All we have to do is make a quick "conversion of heart" and go out of ourselves, being open to God, and we will experience another life, the true life!



We can share our experiences with a friend who has also made the Gospel their **RULE OF LIFE.** Soon we will see a community of people grow up around us, who are all living the Gospel

I will write here the sentences of the Gospel that help me...