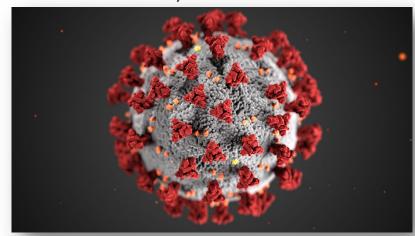


The challenges of our days

March 11, 2020



Font: https://www.everydayhealth.com/coronavirus/a-briefhistory-of-covid-one-year-in/



Font: https://www.aljazeera.com/economy/2020/5/4/forty-percent-of-nigerians-live-below-the-poverty-line-report



Font: https://www.theguardian.com/world/2022/mar/19/russia-ukraine-war-what-we-know-on-day-24-of-the-invasion



Our personal challenges

- Our inner world
- "Know thyself"





Font: https://bornrealist.com/life-challenges/

The Spirit's book

634. Why does evil exist in the nature of things? I am speaking of moral evil. Couldn't God have created the human race under more favorable conditions?

"If there were no mountains, humans could not grasp the concept of climbing uphill and descending. If there were no rocks, they could not understand the concept that hard bodies exist.

Spirits must acquire experience, and to do this properly they must know both good and bad. This

is why there is an union of spirit and body."



Font: https://uphillathlete.com/training-for-mountaineering/



Who is the best model?

• 625. What is the most perfect type that God has offered to human beings as their guide and model?

<u>"Look at Jesus."</u>

Jesus is the realization of the highest moral perfection that human beings may

attain to on Earth.

Jesus: The purest expression of Divine law, because he was animated by the Divine Spirit and was the purest being that has ever walked the face of Earth.



Font: https://www.jw.org/en/bible-teachings/questions/was-jesus-married/



Jesus in Our days

- His thoughts were timeliness
- Jesus was the best psychologist
 - He understood the real causes of the afflictions



Font: https://worishipgod.medium.com/3-standards-for-entry-into-kingdom-of-heaven-33799dc3c2ff

At one with God, Jesus manifested Him at very step, exhorting His listeners to seek the ultimate reality- The Kingdom of Heaven- which lies withing each individual.

Joanna de Angelis, 1989.



Who was Joanna de Angelis?

Joanna de Angelis - Spirit author and guide of Divaldo Franco.



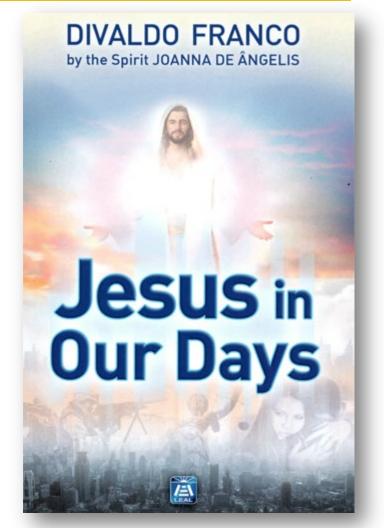
So far she has authored more than 60 works

 Sensitive topics are treated with beauty for the understanding of the apparent enigmas of reincarnation, proposing solutions for difficulties involving relationships, behavior and life itself.



Jesus in Our days

- The Psychology Series, or Psychology Collection, is a subset of sixteen books
- Not all books are available in English at the moment
- First book (1989): *Jesus in our days*





Joanna de Angelis in previous reincarnations



Clara de Assis



Juana Inez de La Cruz

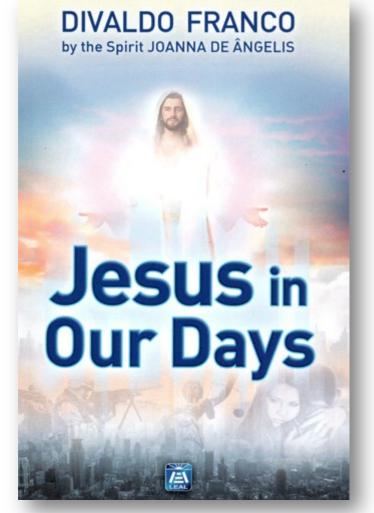


Joana Angelica de Jesus



Jesus and his teachings

- It is a very up-to-date book: The gospel of Jesus never gets old
- The society never before gave so much importance to mental health
- The word 'psychology' is derived from two Greek words:
 - Psyche: mind, soul or spirit
 - Logos: study







Chapter 1: Jesus and challenges

The process of evolution is a tremendous challenge for the spirit.

 ... only when pain pays a visit does the spirit begin to aspire to higher emotions in which to find comfort, and long for greater achievements.

Living in constant struggle against the constraints... only occasionally does the spirit

experience peace, which it wants to last forever.



Chapter 1: Jesus and challenges

At the start, the spirit coexists with pain....

- Step by step, it ascends, falls down and gets up again, attracted by the sublime tropism of Love.
- Reaching the summit means victory.





Know thyself

■ 919. What is the most effective method for guaranteeing self-improvement and resisting the attraction of wrongdoing?

"A philosopher of antiquity once said, 'Know thyself."





The long term goals

- Its legacy from the past now reappears.... It is indifferent to the emotions of the beautiful, the noble, the wholesome...
- Numbed by vegetative needs, it seeks only pleasure, which ultimately saturates it, and it moves on to the boredom that precedes the pressing need for something better....

 It slowly awakens to once meaningless realities that now suddenly become a desired goal, and it feels encouraged to abandon its idleness.



Everything is a test

Everything in life is an endurance test.

Heartbeats are challenges for the muscle that experiences them Blood circulation is an essential process for the irrigation of the cells Breathing is a vital function, without which life ceases.

All this and much more in the area of physiological automatisms affect our psychological nature.



Evolution is unavoidable!

- It is only natural that the same happens in the moral arena of the individual, who
 never regresses and must never remain stationary for any reason.
- In terms of progress, evolution is unavoidable.
- Bliss is the ultimate destination.





The Master's entire life was a constant succession of challenges

- The growth of any ideal results from lower stages overcome and challenges met.
- The giant sequoia reaches maximum height and perimeter cell by cell.
- The universe renews and perpetuates itself molecule by molecule.





Jesus and his example

- In an unjust and arbitrary society, situations, persons and circumstances challenged Him; even so, without holding back, He kept His integrity and faced them without anger or fear.
- The landscape has changed, but not the values; they are still the same, generating obstacles and dissatisfaction.



Jesus and his example

Serenely face the challenges of your own life.

 Proceed on your journey bravely, preserving your inner values and strengthening them through daily practice.

Those who fear the darkness get lost in the night.

Be someone who lights up a candle to chase away the darkness.





Jesus and his example

Challenged, Jesus prevailed. Follow Him and never hold back before the tests meant for your spiritual growth





Take home message

- Hang in there and... work!
- Where I can find Jesus?
 - I can find Jesus, when...
 - I take care of my felling and thoughts
 - I love my neighbor and my enemies
 - I help those who needs help
 - I accept help when I am in need
 - When I do charity
 - In the beautiful details of life (like a sunset!)
 - When I understand that I am here to grown
 - And when I believe and work to reach the summit of my own life...





Love as Jesus loved

One day a child stopped me

She looked me in my eyes smiling

Pen and paper in your hand

School assignment to complete

And asked in the middle of a smile

What does it take to be happy?



Font: https://www.padrejoaocarlos.com/2020/08/ascriancas-do-reino.html



Love as Jesus loved

Love as Jesus loved

Dream like Jesus dreamed

Think like Jesus thought

Live like Jesus lived

Feel what Jesus felt

Smile like Jesus smiled

And at the end of the day

I know I would sleep much happier!



Font: https://www.ibelieve.com/faith/the-origin-and-meaning-of-now-i-lay-medown-to-sleep.html





Have a great Sunday!