Spiritual Reflection

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In Genesis 3:8–9, Adam and Eve hear the Lord walking in the garden while hiding among the trees. God calls to Adam, “Where are you?” Don Francisco captured this passage in his song “Adam, Where Are You.” Before original sin, Adam walked and talked with God. After sin, we often hide from the Lord, held captive by our fears.

As a young man, I avoided opportunities for spiritual reflection.

I told myself that a reflection day conflicted with a sporting event or required too much travel. Other barriers can include:

Why Men May Disengage

- **Perceived “Feminization” of Services:** Some may men feel that church services and spiritual programs emphasize emotional expression and relationship-building more than structure, challenge, or action.
- **Purpose Beyond Attendance:** Men often connect through shared responsibilities, goals, competition, and practical tasks. Spiritual reflection can lose its appeal when it feels abstract or lacks a clear purpose.
- **A Gap Between Values and Practice:** Young adults may become frustrated when religious organizations fail to uphold their stated moral and ethical standards.
- **Private Rather Than Group Spirituality:** Some men continue believing in God and reflecting on their faith but prefer private prayer, personal study, or spiritual expression through family life.

As I matured, I recognized these excuses and understood that spiritual reflection could strengthen my walk with the Lord.

How Spiritual Reflection Can Benefit Men

- **Emotional Balance and Patience**: Social expectations can discourage men from expressing emotions, creating internal stress. Guided reflection can help them work through frustrations and respond to pressure with greater calm and patience.
- **Freedom from External Validation**: Examining one's inner life can shift attention away from status and outward measures of success toward a deeper sense of identity and self-worth.
- **Stronger Relationships and Empathy**: Recognizing emotional triggers, communication habits, and blind spots can help men listen more attentively, share openly in safe settings, and become more grounded partners, fathers, and friends.
- **Clearer Purpose and Decisions:** Quiet reflection on personal and spiritual values can align daily habits with long-term goals, reduce mental clutter, and guide important decisions.

As Catholic leaders, we should lead by example by attending a spiritual reflection each year. The Knights of Columbus recently introduced "Heart of the Gospel," a spiritual reflection available with the COR resources on the Supreme website. The "Heart of the Gospel " has all the resources and gives ample direction to conduct a parish spiritual retreat, at no cost to the participant.

Don Francisco's song closes with a reminder: God is still loving and calling Adam, but time is running short before the door closes. As Knights, our motto echoes that urgency: "**Tempus Fugit, Memento Mori**," Latin for "Time flies; remember death."
Let us all walk more closely with our loving Lord.