



ALARM CLOCKS IN ORDINARY LIFE



TO HELP YOU FIND GOD

1

HUMAN DEVICES

are “alarm clocks” in ordinary life, like the chime of your phone with a reminder, letting you know that God is there, waiting for you.

St. Josemaria compared them to crutches, which we need to use as supports from time to time.

START

NOT NOW



LITTLE
REMINDERS
ON YOUR PHONE

helping you raise your gaze to Heaven. Could include pictures, phrases, alerts...



NUMBERS THAT
REMINDE YOU OF
SOMETHING...

3: the Trinity & Resurrection
7/70: forgiveness
12: Apostles
25: Jesus' birthday



ASPIRATIONS &
QUICK ACTS OF
REPARATION

It's healthy to feel pain over things that offend God, like we suffer when any friend is hurt. We ask for forgiveness for ourselves and for others who don't know to ask.



A DEVOTION
FOR EACH DAY

- **SUNDAY:** the Blessed Trinity
- **MONDAY:** the holy souls in Purgatory
- **TUESDAY:** the guardian angels
- **WEDNESDAY:** St. Joseph
- **THURSDAY:** the Eucharist
- **FRIDAY:** the Passion
- **SATURDAY:** our Lady



A CRUCIFIX OR
IMAGE OF OUR
LADY

You can keep a small crucifix or image of Mary with you as you work, to glance at and offer what you're doing to God.

You can also keep one in your pocket or on your desk.

“RAID” TABERNACLES



Greet Jesus when you walk or drive past a church. If you're not close to a church, use your imagination to go to Him.



STAY ON
Be alert to
what's
happening

For example, when you hear sirens, you can pray for the people affected.



MATERIALIZED
YOUR SPIRITUAL LIFE



THROUGH A UNIVERSAL
LANGUAGE



USING EVERY
CIRCUMSTANCE



AND EVERY
PLACE



WITH LOVE
AND CREATIVITY