



## Orienting to Weather Life's Storms

This article is about *attitude*. I have chosen this topic because one definition of *attitude* is helpful in appropriating a special gift of the Holy Spirit. I find most helpful the *aerospace* definition: Attitude —the orientation of a spacecraft relative to its direction of motion. Visualize that for a moment.

As we move through life it is profoundly important to get ourselves pointed in the right direction so that life's storms do not destroy us. The desired goal is to pass through these difficulties in the most efficient way possible. Unfortunately this orientation does not come to us naturally. If left to ourselves we would never get ourselves oriented properly. Rather, we might find ourselves constantly facing severe resistance throughout life because of our faulty orientation/attitude.

Furthermore we will persistently claim that the difficulties we confront are what makes life troublesome rather than our own faulty attitude. We are less inclined to accept the

responsibility for our tribulations because of our improper orientation/attitude relative to what is going on in life. The truth is that it isn't the turmoil in life that devastates us but the way we face it and respond to it.

It might be helpful to cite extreme examples of this human flaw. Our jails and prisons are full of people who claim they are there because someone else failed them or they had extremely bad luck. They blame circumstances beyond their control for their misfortune. From our perspective we can see clearly that while they might have had terrible luck along the way, the truth is they never were able to get their lives oriented correctly to navigate the storms of misfortune that came their way. They were always oriented in a direction that created the greatest resistance and pressure against them.

On the other hand we know many cases in which people passed through the similar horrible storms in life and were not so devastated. It was because they were oriented positively. It is all about orientation/attitude.

It is a profound spiritual event to have one's life reoriented, one's attitude adjusted by the Holy Spirit. The severe pressures that life brings us are then reduced and the destructive effects are mitigated. This change of attitude/orientation comes to us solely as a gift of the Holy Spirit. We *do* need to request it. It is a blessed transformation that occurs within us that points our lives in the right direction. Storms still rage, life is not easy, but given the correct attitude/orientation we can weather the storms.



It requires a simple prayer. *“Orient me Holy One that I might in steadfast faith weather the storms of life.”*