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## **Evangelist Priest Encourages Spiritual Resolutions At Start of New Year**

**Chicago, January 12, 2009** – It is tradition that the beginning of a new year regularly brings resolutions to make changes. Most often those changes have to do with one's physical life: eat healthier, lose weight, quit smoking, or spend more time at the gym. While these are all very good New Year's resolutions, one prominent Catholic priest suggests making spiritual resolutions as well. Father Robert Barron, Chicago theologian and evangelist, suggests three spiritual resolutions for 2009: prayer, forgiving an enemy, and comforting the afflicted.

Most people who are even slightly interested in the spiritual life admit they do not pray enough. Father Barron says the one thing people can do to improve their prayer life is take the time to pray. *"We find time for almost everything else in life; we can find the time to lift up our minds and hearts to God,"* commented Barron. The rosary, the Mass, and the "Jesus prayer" are good ways to improve one's prayer life.

Forgiving our enemies is another spiritual resolution Father Barron is encouraging in 2009. *"Everyone has an enemy – someone who has offended us or we've had a falling out with. Becoming someone's enemy interrupts the flow of one's spiritual life in so many ways,"* warns Barron. *"Take concrete, physical action to be reconciled with an enemy."* Seeking reconciliation with that enemy can be done with a phone call, a note, or a personal visit.

The corporal and spiritual works of mercy are yet another spiritual resolution recommended by Father Barron. Some of the greatest suffering is when one experiences spiritual poverty – feeling isolated, lonely or unloved. *"We all know someone who is hurting in some way. They might be scared, lonely, or anxious,"* said Barron. *"Reach out to someone in your family, your neighborhood, at your place of work or even at your place of worship and comfort them."*

See Father Barron's video comments on spiritual resolutions here:

[http://www.wordonfire.org/videoPlayer\\_yt.aspx](http://www.wordonfire.org/videoPlayer_yt.aspx)

Father Barron is available for interviews. Please contact Christine Schicker with the Maximus Group at 404-610-8871. You can watch other video commentary from Father Barron at [www.WordonFire.org](http://www.WordonFire.org).