

## Why am I feeling so spiritually Lazy?

There are days, even weeks when I feel so spiritually lazy. I don't feel motivated to pray or go to Mass and everything spiritual bores me and I even feel like God is dead. St. John of the Cross calls experiences as these, spiritual depression and melancholy. They are days of Dark Nights of the Soul. Many Christians including some who later became saints struggled with forms of spiritual depression; they were perplexed and searched for the source of their troubles, wondering if they had strayed from the true path.

The dark night of the soul is a period when all experiences of God and former means to God became void. This is the feeling of being in a desert spiritually or experiencing spiritual aridity and dryness. They are days and moments when just as the sun is total darkness to the eyes of a bat, so the brightest light in God is total darkness to our souls.

Our Christian life is a lifelong journey of learning how to navigate these rugged and hazardous terrain on the way to the Celestial City. St. Paul says:

For we do not wrestle against flesh and blood, but against the principalities and powers and rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places (Ephesians 6:12).

These forces are out to destroy us by taking out the spirit of God in us. The way to overcome spiritual aridity is to go directly to Christ for help: "Go to Christ, and beg of him to cause a spirit of life to come into thee." Psalm 63:1-2, describes how to do this: "In a desert land, without water, dry, and without a way, I appeared before you to be able to see your power and your glory." Second, call on other warriors to help you in the battle. Call on the saints (living and dead) to help with all available means of grace for recovery. The union between God and creatures always exists but it is vain to expect God to help us if we were not willing to help ourselves. God sustains every soul and dwells in it substantially. We need to help ourselves to attain "perfect union" with God.

In addition, the Christian must also work against the dangers of making human comfort a person's chief end. The Christian's chief end is to glorify God and to enjoy Him forever. For people who are experiencing the dark night of the soul, the key for them is to act against their feelings of comfort or discomfort and cast themselves in faith into the darkness of God, says St. John of the Cross. He advised such Christians to do this by depriving and emptying oneself of one's appetites for finite things and the seven capital vices (pride, gluttony, avarice, wrath, luxury, envy, and sloth) especially the imperfection of spiritual gluttony.