

NOT FOR PUBLIC RELEASE

got
a
minute?

reflections in faith

by:

Greg Wasinski

got a minute?

Copyright © 2019 by Greg Wasinski. All rights reserved

Scripture texts in this work are taken from the New American Bible, revised edition© 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

Cover Design by Frank J. Wasinski III

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photographic (photocopying), recording, or otherwise – without prior permission in writing from the author.

Printed in the United States of America

ISBN: 978-0-9860269-3-5

Learn more at:
www.GregWasinski.com



Dedication

For Nathan and Natalie

In a world of noise, distractions, and confusion –
I pray you will always find at least one minute each day
to reflect on how much God loves you and I adore you.

Table of Contents

Faith as the Crust	5
Seek & Crave	7
Truth and Love	9
Perfectly Imperfect	11
Just Pray	13
Effective Habits	15
WISDOM	17
Living a life of Joy	19
What They Want	21
The Mountain Top	23
Hidden Answers	25
The Slow Leak	27
Claimed by Choice	29
UNDERSTANDING	31
Mercy	33
The Company We Keep	35
Love Wins	37
It's a Long Road	39
God-incidences	41
Time to Reset	43
RIGHT JUDGMENT	45
Managing Expectations	47
Acts of Charity	49
Who Do You Say I am?	51
Share Your Story	53
Make the Effort	55



Back to the Basics	57
KNOWLEDGE	59
Self-Image	61
Enjoying Creation	63
I Need You	65
Severed Grace	67
HOPE	69
What's God Asking?	71
COURAGE	73
Comfortably Numb	75
Ultimate Respect	77
Setbacks	79
Recognizing Jesus	81
Persecution	83
Responsibility	85
REVERENCE	87
Striving for Perfection	89
Abba	91
Seasons of Life	93
Why So Serious?	95
Reflect	97
Walking on Water	99
WONDER & AWE	101
One More Thing	103
Taking Chances	105
Thy Will be Done	107

Introduction

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” (Jer 29:11)

We live busy lives. Worse yet, we allow so many distractions to steal so much of the time we do. Too often God takes a back seat to the things of this world that we feel *must* get done. However, I have learned that if we give Him a portion of our time each day, with our whole heart, not only do we find ourselves more inspired to get things done, but we also allow God to be at the center of everything we do.

This devotional is not meant to overwhelm you. It is specifically set up as a weekly reflection so each day, for seven days, we can work together on *ONE* principle. I love daily devotionals, but sometimes it seems like a great lesson is lost twenty-four hours after we read it. We move on to perfect another aspect of our life before we fully grasp the message placed on our heart.

The “journal” pages have seven different areas where you should write your own reflection every day of the week. Each day is a new opportunity to re-read the chapter and concentrate on how the message speaks to you that day; things can be very different.

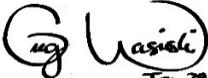
got a minute? gives us direction. A guide to illuminate the path we need to take, putting aside our own pride to grow closer to God with a relationship that goes deeper than we normally allow it. Our role for His Kingdom is not just to be merely a Sunday participant of worship, but to be an every-day disciple striving to live a



holy life for ourselves, our families, our friends, our communities, and ultimately for the One who created us. A living example of what it means to be a believer in Jesus Christ. Even more so, an active witness who puts your faith on display without saying a word.

This set of reflections is meant to be a supplement to other ways you encounter our Lord - ***never a substitute for Scripture, church attendance, or other foundational learning.*** My prayer is that you too can find relation to each theme in your own unique way. Allowing God into places of your heart you have kept Him from before or possibly gain the courage you need to invite others to join you on your journey. We know God deserves way more than one minute of our time each day, but if we begin each day by offering just sixty seconds to Him, we will find that He slowly will become part of all we do. Pray for me and I'll pray for you.

Peace,


Jer 29:11

PS: Take this journal with you to Mass or Sunday worship and reflect on your weekly journey. Take notes during the service and what you might be hearing as a reminder God is always speaking to you.

What is your hope that this devotional can help you with and how can you be transformed over the next year? Declare it on the next page and write some goals.



A Note About the Gifts of the Spirit

“The Holy Spirit is given to each of us in a special way. That is for the good of all.” (1Cor 12:7)

One thing that’s important for us to understand, and I really can never repeat it enough is that, you are never alone in your journey. The Holy Spirit guides you and fulfills you in the unseen.

Throughout *got a minute?* I have highlighted a different gift of the Holy Spirit that Catholic Christians are sealed with during the Sacrament of Confirmation. You actually receive these gifts at Baptism, but in your “Yes” to Christ, our senses to utilize these gifts are heightened.

The seven gifts are: *Wisdom, Understanding, Right Judgement, Knowledge, Courage, Reverence, Wonder and Awe*. Every seventh week I explain the real-life application to give these gifts meaning to our lives.

Each one of us is called to live a life of prayer, evangelization and stewardship. Some days we are not exactly sure where to begin, but that’s when we must rely on the power of the Holy Spirit and draw strength from the gifts we are given.

Our ability to fall back on these gifts helps us to not only experience things in the world as God wants us to, but to also help us with our own internal reflection process. Continuing to form a strong healthy relationship with the Creator and His Son, Jesus Christ.

Hidden Answers

*“He made known to us the mystery of His will,
according to His kind intention which He
purposed in Him” (Eph 1:9)*

We tend to offer up prayers with a specific result in mind. It might be for a change in a health diagnosis, healing in a relationship or maybe even an end to financial struggles.

Whatever the situation is (or what we're desperate for) God to help us with, we have to remember that once we lift these intentions up to the Lord, we must be willing to keep our eyes open to the hidden answers. Ones that aren't what we expect but instead what we need. Ones that help us in our situation in a way we might not expect.

That prayer for health may not mean a cure but the right people to bring peace and comfort. A cry to repair a relationship could give you the grace to forgive even when it's not your fault. And a request for money could mean getting the right customer service agent who gets you extra time needed for bills until things turn around.

God answers our prayers in many different forms. When we accept this and see things through the lens of faith, hidden answers we hadn't noticed before are revealed.

Think about recent prayers, are there situations God gave you what you needed in a hidden way?



JOURNAL

PREVIEW ONLY

About the Author

Greg Wasinski is an internationally recognized, Inspirational Speaker and Author from Cleveland, OH. He also offers his radio talents as a featured host on SiriusXM Radio's, *The Catholic Channel* and EWTN Radio. He is the voice and personality of multiple podcasts, the Faith 180 video series, and is recognized on social media for his faith-based motivation. Additional TV/Radio appearances include, EWTN, Catholic TV, Clear Channel, NBC, and ABC.

Greg is also the Founder and Executive Director of the non-profit corporation, LMBM Inc. The ministry is a missionary based organization serving as an extension of the church with content that is inspiring, relative, and quality church teaching. Our "*Faith and Real Life*" resources and presentations reach out to those who are disconnected from faith or are looking for a deeper understanding of "why they believe what they believe"

Prior to his life in ministry Greg had a career for thirteen years as a corporate executive in both the marketing and golf course industries. He continues to offer business coaching and motivational work sessions to companies who are serious about customer service, a team-based work environment, and servant leadership-based management.

Greg Wasinski holds a certificate in Catholic Scriptural Theology from John Paul the Great University. He is married to his wife Aimee and they are the parents of two children.

www.GregWasinski.com

Contact Information

LMBM Inc.

8584 B East Washington St.

#108

Chagrin Falls, OH 44023

www.FaithandRealLife.com

admin@lmbminc.org

LMBM Inc. is a registered 501(c)3
non-profit corporation.

If you would like to support the missionary efforts
of the ministry, please send donations to the
address above or contributions are also accepted
online at: **www.BeeADonor.com**

Also Available:



“Where Faith & Real Life Come Together...” is a faith-filled inspirational book with thirty-one short chapters to discover and recognize all the ways faith plays out in the world around us. This compilation of stories, coupled with reflection questions, will help you notice how God is at work every day. Perfect no matter where you are on your faith journey.



“All I Ever Have to Be...” Audio CD is a combination of songs featuring the beautiful vocals of Aimee Wasinski, and the authentically genuine reflections of Inspirational Speaker and Author, Greg Wasinski. This CD helps remind you to be who God created you to be. An amazing collection to share with family, friends and members of your faith community.

Products can also be ordered in bulk for a discounted price. Inquire for details. www.FaithandRealLife.com