

For the ultimate spiritual life hacks.

I'm sure during the last decade, you've seen on the Internet a gazillion life hacks, and possibly even tried a few. You know, those tips to simplify and improve all aspects of one's everyday life. Some are a little wacky and trivial, if you ask me (use your shoe as a cup holder). And while I must admit some are quite ingenious (use a pant hanger as a recipe holder; not that I cook, but that's pretty handy), others could very well be just common sense (drop a scoop of ice cream in a jar of Nutella to scrape it clean; okay so maybe that's common sense to me).

Anyway, life hacks are shortcuts and novelty methods that can help make some of the peskiest tasks or challenging obstacles in life easier to undertake. But, however practical, they are temporal quick fixes and leave much to be desired when it comes to self-help for the spirit.

So, for that, I use a trio of virtues that not only last forever, but propel me through life — mind, body and spirit:

-Faith. I use faith to help me stay the course. My mother introduced me to faith at a very early age. She lead me to know God and taught me how to trust His ways to guide me.

-Hope. I use hope to push me through difficult challenges and show me the promising light at the end of the tunnel. I first experienced hope through my parents when they left their homeland and everything they had in order to give my siblings and me a chance at a better life.

-Love. I use love to…well, I use love to give me strength. Love in my life is my family. Without them, nothing else matters.

God, in His immense wisdom, gifted me (and all of us) with the ultimate spiritual life hacks.

And for that, I am so very grateful. Please use them (along with the Nutella hack). They work.

Do you have a list of spiritual life hacks? And what are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Never be afraid to trust an unknown future to a known God."
-Corrie ten Boom

"Hope" is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –"
-Emily Dickinson

"And now these three remain: faith, hope and love. But the greatest of these is love."



-1 Corinthians 13:13

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