



About Patrick

Patrick is rules-oriented and likes to see things work the way they are intended. His professional life has spanned both public and private sectors; military and civilian cultures; spiritual and temporal matters.

In all of them, one key focus is important: “remember who you serve.” He believes that most problems in this world would disappear if we would just keep our purpose foremost in our minds... our purpose is to serve.

The challenge is to recognize who is served in every decision we make.

Patrick is the author of the award-winning “**The Personal Rosary**” and co-author of international best-seller “**Cracking the Rich Code, Vol 10.**”

As a speaker, he shares deep reflections on life, love, faith, and leadership. He sees the Divine Office as a devotion of learning to live the virtues—love in action—in the footsteps of Christ.



HUMILITY



As the conquerer of sin and death, our Lord gave us tools to deal with temptation in pursuit of virtue. In fasting, we discipline the flesh to tame our desires. In almsgiving, we are focused not on all that we want but on what we have to give. In prayer, we humble ourselves before God to follow His way and not our own.

If we would live the virtues, we must live an attitude of self-sacrifice and love—and discipline our hearts to serve Him and those He loves.

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THE DIVINE OFFICE

Sharing in the
Prayer of the Church



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The choice is between fear and love... selfishness and service

We envision an idyllic image of our preferred life. What holds us back from achieving it? Often, it is a fear of failure or even fear of success sabotaging us one decision at a time until our best life is only a distant, unobtainable dream. In moments of consequence, making the choice to give freely from the heart helps neutralize the paralysis of fear. In love, we find true freedom.

Love drives us forward and illuminates the desires of our hearts. Where fear asks, "what's the worst that can happen?", love vows the best we have to give. Fear is a manifestation of selfishness while love is the realization of altruism. Fear is limiting while love is as infinite as the God Who is love-personified.

When we recognize that fear and love frame our every decision, we grow in our personal and professional lives. We seek new heights rather than agonizing about imagined depths. With an outward focus, we can understand the fear and love of those around us... and become worthier leaders.

In every decision, the love or fear we choose becomes the "why" that either inspires greatness or stunts our growth.

SINCE VATICAN II, THE LAITY HAVE BEEN INVITED TO SHARE IN THE LITURGY OF THE HOURS

The Liturgy of the Hours is intended to become the prayer of the whole People of God. ... "Pastors of souls should see to it that the principal hours, especially Vespers, are celebrated in common in church on Sundays and on the more solemn feasts. The laity, too, are encouraged to recite the divine office, either with the priests, or among themselves, or even individually." (CCC 1175 [SC 83, SC 100; cf. 86; 96; 98; PO 5])

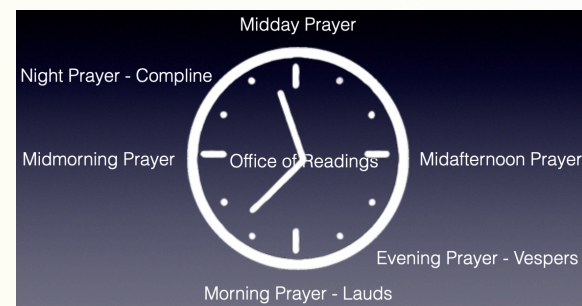
PURPOSE

We are called to pray without ceasing (1 Thess 5:17, Eph 6:18, Phil 4:6, Col 4:2).

Seven times a day I praise you because your judgements are righteous (Psalm 119:164).

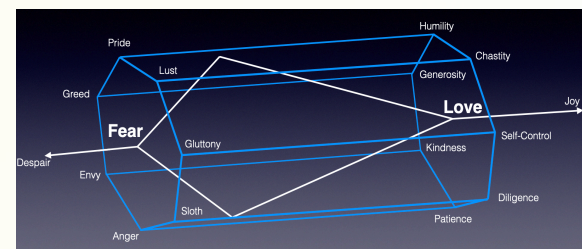
To sanctify the day and all human activity. - General Instruction of the Liturgy of the Hours

To participate in the worship of the Bride for Her Bridegroom.



THE CARDINAL VIRTUES

We are called to model virtue in our lives. *Four virtues play a pivotal role and accordingly are called "cardinal"; all the others are grouped around them* (CCC 1805). The four cardinal virtues are prudence, justice, temperance, and fortitude (Wis 8:7). These four and all other virtues revolve around love. *By charity, we love God above all things and our neighbor as ourselves for love of God. Charity, the form of all the virtues, "binds everything together in perfect harmony"* (CCC 1844 [Col 3:14]).



The deadly sins are the result of selfishness inspired by fear rather than love inspired by virtue.

THE PSALMS ARE INSTRUCTIONS FOR WALKING WITH GOD

God is love (1 John 4:8). We were made by love for communion with love. The heart of the Divine Office is the Psalms. The Psalms guide us in the path of love as we learn to practice virtue-love in action. The Psalms may be seen as the prayer book of the Bible. Everything taught in the Bible is connected to the Psalms (St Thomas Aquinas). The Psalms will change you, if you let them.

The Psalms are a Reflection on the Cardinal Virtues

Prudence	Justice	Temperance	Fortitude	Charity
Book 1 (Psalms 1-41)	Book 2 (Psalms 42-72)	Book 3 (Psalms 73-89)	Book 4 (Psalms 90 - 106)	Book 5 (Psalms 107 - 150)
Themes of God's Law, righteousness, and a contrast between the righteous and the wicked.	Laments and prayers for deliverance.	Laments and prayers for help. Reflections on the relationship between God and Israel.	Praise and expressions of confidence in God's sovereignty.	Songs of praise, thanksgiving, and worship.