

How to make good use of my time

a conversation between fr. Carron
and a young student

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Student: In quarantine I have frequently found myself thinking of a line by the rapper Marracash: “I fill time, but not my emptiness”.

I have a lot of things going on and even manage to study well; time passes, but my heart is often bored, tired, and used to not asking itself anything anymore.

I often get to the end of the day and ask myself: “You’ve done lots of things, but are these enough to live?” In the last few weeks, I have been pulled out of this nothingness by certain “friendly presences” who have helped me be a grown-up in front of reality.

Moments such as the Student Youth’s meetings and conversations with close friends continually wake me up and help me understand that I want to live as fully as possible, even in the current situation.

A “brief flame” is not enough; I am looking for something that lasts throughout every day whether I am confined to my home or not. However, in this period, I am more distracted than ever, and fall into my own worries and problems.

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Fr. Carron: Wonderful! Marracash has grasped the point of living: "I fill time, but not my emptiness."

We can fill our time with many things, but we don't always manage to fill the emptiness that we have within us. For many, this is simply a misfortune, but for someone who loves him or herself, it is the sign of the greatness of our "I."

We can fill our time by doing many things, but we cannot trick our heart; the emptiness we feel is not filled by what we can imagine or do ourselves—it is filled by something that we must discover.

What is the hint that certain things are not the answer? That I get bored. If we are attentive to how things happen in our experience, we will see that as soon as you get bored, you say: "It is not this."

So, you continue to look for what might help you, with more attentiveness than before. This is how you begin to realize that often you are pulled out of this emptiness by certain friendly presences, and you go forward with them.

The question is how these moments, when you meet certain friendly presences, can become more frequent.