

Suggested Scriptures for the Week of March 24 - 29

1. TUESDAY: Scripture...John 19: 31-37

Grace: To stand at the foot of the cross with John and Mary so to receive anew and in a personal way your love outpoured, the gift of your wounded heart, Jesus.

2. WEDNESDAY: Scripture...Luke 2: 25-35

Grace: To not be afraid of the piercing of my heart that will bring a deeper dependence upon you, Father, in each moment of my life.

3. THURSDAY: Scripture...Romans 7: 15-25

Grace: To surrender in my helplessness to you, Lord, so that I may want what you want for me.

4. FRIDAY: Scripture...Matthew 14: 13-21

Grace: To be vulnerable with you, Jesus, in this time of prayer, and to welcome your compassion and trust in your desire to heal me where I am hurting.

5. SATURDAY: Scripture...Mark 10: 17-22

Grace: To receive the gaze of your unconditional love for me, Jesus, even as in some ways I remain bound by my affection for sin.

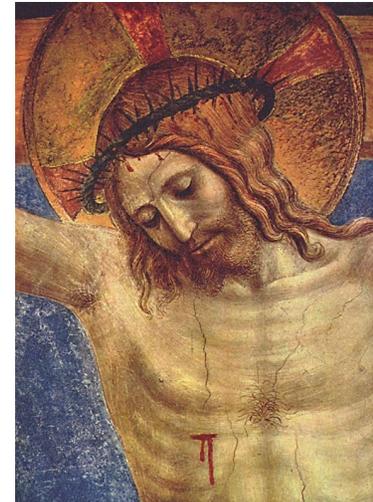
6. SUNDAY: Scripture... Isaiah 53: 1-5

Grace: To share with you my sorrows, Lord, and to experience the redemption you won for me by your suffering and death.

Time For God—Week Four

“Experience shows that to pray well...the heart must be pierced—pierced, that is, by the love of God, wounded by thirst for the Beloved... God must touch us at such a deep level of our being that we cannot do without him any more... Jesus’ Heart was torn open so that God’s love could be poured out on us and we could have access to God. Only when our hearts too have been laid open by a wound will we be able to receive that outpouring of love. Then a true exchange of love, the goal of the life of prayer, can occur. Then our prayer can become what it is meant to be: a heart-to-Heart.”

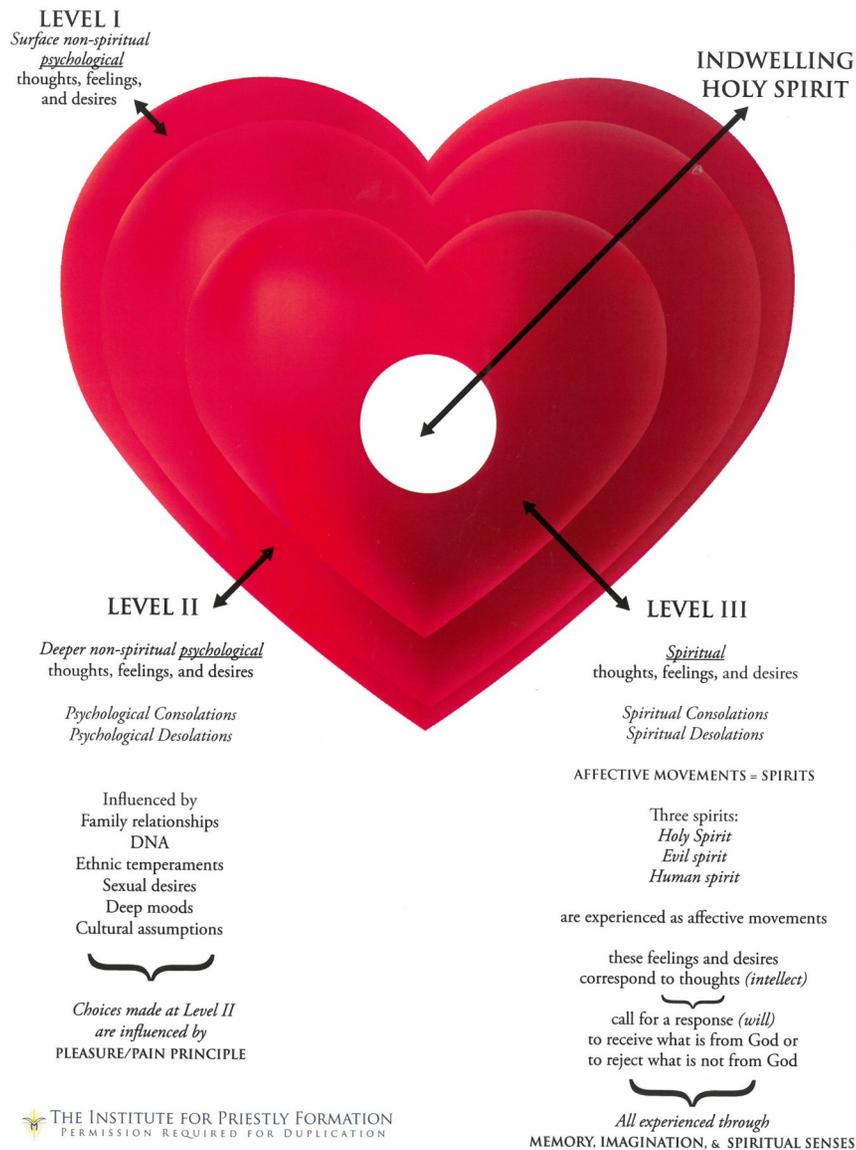
- Jacques Philippe



“The heart is the dwelling-place where I am, where I live; according to the Semitic or Biblical expression, the heart is the place ‘to which I withdraw.’ The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose life or death. It is the place of encounter, because as image of God we live in relation: it is the place of covenant.”

(Catechism of the Catholic Church, 2563)

CHRISTIAN ANTHROPOLOGY OF THE HEART



Questions for Reflection/Discussion

*Read pages 66-81 in Time for God

- Again, what is the one point that struck you, that caused you to reflect?
- Have you experienced the blessing of self-honesty in your prayer, of being real with God, of letting the memories and experiences (deemed good or bad) come to the surface for healing
- Are you finding that the way you evaluate your prayer is changing? Have you been able to personally taste/verify the blessing of daily fidelity (“come hell or high-water”)?
- Does the concept of your heart needing to be “pierced” (“wounded”) make sense to you? Are you reconciled with the importance of vulnerability in going before the Lord in prayer?
- Based on the Christian anthropology of the heart, are you able to distinguish between psychological consolation and desolation and spiritual consolation and desolation?

Format for 15 - 30 minute prayer period.

- STOP!
- “I will consider how God, our Lord, looks upon me with love.”
- I offer all my will and actions to God.
- I ask God what I wish and desire in this prayer (grace – see reverse side).
- Slowly read and re-read Scripture passage reflectively and/or imaginatively.
 - **Acknowledge**
 - **Relate**
 - **Receive**
 - **Respond**
- I speak to God in my own words as my heart is moved.
- I conclude with an *Our Father*.