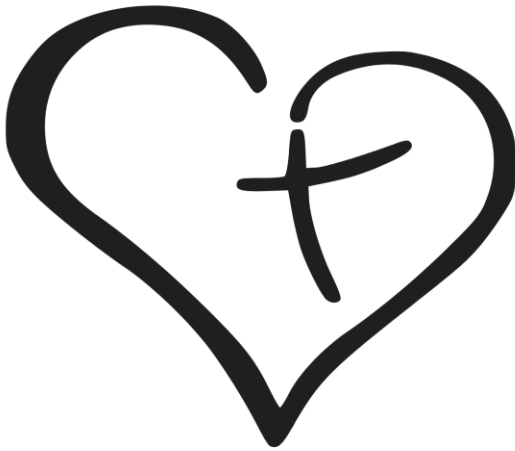


Love Changes Everything
Queen of All Saints
Lenten Parish Mission



Monday, February 26
You Are Loved!
Seeing ourselves the way God sees us

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I. WELCOME/INTRODUCTIONS

II. HEARING THE VOICE OF LOVE

“We are all a gift from the Lord, a very precious gift. Each of us is a gift for everyone and for the whole Church, taking flesh in a context, in a time, in a specific place... Indeed, the more we grow in friendship with the Lord and with others, the more the harshness, the hardness, the incompatibilities are smoothed out or, more aptly, cease to be an obstacle to communion and paradoxically become our unique and unrepeatable way of being, the specific colour of the gift that we are for others.”

-Pope Francis, in his preface to “Enrique Ángel Angelelli: Listening to God and to the People”

The voice of God:	The voice of Evil:
Stills you	Rushes you
Reassures you	Frightens you
Leads you	Pushes you
Enlightens you	Confuses you
Forgives you	Condemns you
Calms you	Stresses you
Encourages you	Discourages you
Comforts you	Worries you

“Love is not something that fossilizes, but something that lives. Works of love, and declaring love, is the way to peace. And where does this love begin? Right in our own hearts. We must know that we have been created for greater things, not just to be a number in the world, not just to go for diplomas and degrees, or this work and that work. We have been created in order to love and be loved.” -Mother Teresa

III. REFLECTION / MEDITATION SONG

IV. CLOSING

REFLECTION QUESTIONS:

1-Who are the models of love in your life? Who first taught you what love is?

2-Who is God to you? How do you experience God's love?

3-What are the "voices" that occupy your thoughts during the day? Are they voices of compassion and understanding? Are they voices of criticism and comparison? Maybe a bit of both?

RESOURCES:

Music On My Spotify List:

- Belovedness by Sarah Kroger
- Blessed Are You by Sarah Hart
- Holy is His Name (Magnificat) by Jean Watson
- Take O Take Me As I Am by John Bell

Exploring Further:

These resources are easily found by searching online:

- Rummaging for God: Praying Backwards Through Your Day by Dennis Hamm, SJ
- 5 Signs You Are Hearing God's Voice (and not your ego) in Prayer, James Martin SJ
- Vinita Hampton Wright "Our Essential Nature" video meditation
- Becky Eldredge "Overwhelmed No More" online retreat
- Ignatian Examen on ignatianspirituality.com

Ideas for Prayer:

-Pray with Psalm 139: read through the entire psalm once, read it a second time pausing on the lines that jump out to you.

-Pray with Isaiah 43:1-4 "you are precious in my sight and I love you"

“The Complete Psalms: The Book of Prayers Songs in a New Translation”

by Pamela Greenberg

PSALM 139

FOR THE CONDUCTOR OF THE ETERNAL SYMPHONY, BY DAVID, A PSALM

God you have searched out my deepest places; you know what lies in my depth. You know my sitting down and rising up.

You know how to shepherd me from afar. My paths and night thoughts – you sift through them.

You know all my roads, for there has been no word on my tongue that – behold – you did not know it beforehand.

From front and behind you encompassed me; you laid your hand upon me in protection.

Wonderous beyond words is your knowledge. It remains inaccessible, beyond my grasp.

Where can I hide from your breath? From before your presence, where can I flee? If I ascend to heaven, there you are. If I lie down in the grave – behold, you are there, too.

If I lift myself on the wings of sunrise, if I dwell in the western sea, there also, your hand will guide me. You hold me upright with the strength of your right arm.

I have said, “Surely darkness will bruise me,” but suddenly night became a surrounding glow. Even darkness does not darken you from me. Night like day illumines, Darkness and light – no difference.

For you know my deepest emotions, You pulled me from my mother’s womb – I thank you, for your wonders

are breathtaking, your deeds a constant source of awe.

My soul knows it well.

My bones are not hidden from you, the ones I was composed from in secret when my body was woven together in the deepest center of the earth.

Your eyes saw my embryo. And in your Book of Wonders all is written. Days were shaped and fashioned; to you they are as one.

As for me – what will happen to those who love you, God? How strong are the leaders who come bearing arms!

Were I to count them, they would outnumber the grains of sand. I woke up – and again you were with me!

Won’t you halt, God, inflictors of harm? And those of bloodshed, turn them away? The ones who invoke your name, scheming, who lift in futility the words of your curse?

Is it not true, God, that I oppose those who oppose you? And those who rise up against you, I reject? Put to an end the hatred of the haters, those who have made me their foe.

Search me out with shovel and torchlight, God; know my heart by means of compassion. Understand the turbulent branching of my thoughts.

See the road that brings me sadness, and lead me instead on the path of eternal life.