

FEBRUARY 18 – 24, 2024

THEME: The Healing Power of the Sacraments

GRACE: to abide in the love that the Father has for me

SCRIPTURES:

- | | | |
|-------------|---------------|---------------|
| 1. Mt 3:17 | 4. Eph 1:3-14 | 7. Repetition |
| 2. Jn 15:9 | 5. 1 Jn 3:13 | |
| 3. Rom 8:16 | 6. Jn 3:17 | |

QUESTIONS TO ASK MYSELF:

- Do you believe you were a wanted child? Why or why not?
- In what ways have you felt rejected? How do you reject yourself?

THOUGHTS TO PONDER

“Baptism is God's most beautiful and magnificent gift. We call it gift, grace, anointing, enlightenment, garment of immortality, bath of rebirth, seal, and most precious gift. It is called gift because it is conferred on those who bring nothing of their own; grace since it is given even to the guilty; Baptism because sin is buried in the water; anointing for it is priestly and royal as are those who are anointed; enlightenment because it radiates light; clothing since it veils our shame; bath because it washes; and seal as it is our guard and the sign of God's Lordship.”

St. Gregory of Nazianzus

FEBRUARY 25 – MARCH 2, 2024

THEME: The Healing Power of the Sacraments

GRACE: to immerse myself in Jesus' abiding presence

SCRIPTURES:

- | | | |
|----------------|-----------------|---------------|
| 1. Heb 13:5 | 4. Mt 28: 18-20 | 7. Repetition |
| 2. Lk 22:19 | 5. Jn 14:18-20 | |
| 3. Jn 6: 53-58 | 6. Rev 3:20 | |

QUESTIONS TO ASK MYSELF:

- When and how have you experienced the pain of abandonment in your life?
- How has Christian community either reinforced or healed those wounds?
- Recall any intense encounters you have had with Jesus in prayer or in the Sacrament of Holy Communion.

THOUGHTS TO PONDER

"All the good that is in me is due to Holy Communion. I owe everything to it. I feel this holy fire has transformed me completely."

"Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. The bread of the Strong gives me all the strength I need to carry on my mission and to do whatever the Lord asks of me."

"O Jesus, concealed in the Blessed Sacrament of the Altar, my only love and mercy, I commend to You all the needs of my body and soul. You can help me, because You are Mercy itself. In You lies all my hope." ~*St. Faustina*

March 3 - 9, 2024

THEME: The Healing Power of the Sacraments

**GRACE: to surrender all that I am, all that happens to me,
and all that I have to God**

SCRIPTURES:

- | | | |
|-----------------|----------------|----------------------|
| 1. 2 Cor 9:6-15 | 4. Jn 12:24-26 | 7. Job 2:18-21, 9-10 |
| 2. Lk 9:22-27 | 5. Phil 2:1-11 | |
| 3. Eph 6: 18-20 | 6. Deut 8: 1-5 | |

QUESTIONS TO ASK MYSELF:

- What areas of my life need to be surrendered to God?
- Why might I be struggling to surrender everything to God?

THOUGHTS TO PONDER

“Practice unceasingly the renouncement of your own will. That is the great secret of advancement in virtue and in perfection.”
~Father Terme

“Suffering, the bread of the strong, is not always to our liking. Nevertheless, it is necessary that we nourish ourselves thereon as long as the good God wills it.”

~ Mother Therese Couderc

“Let us embrace the cross, howsoever it be given to us. You know it sanctifies whatever it touches, for it has been sanctified by Him Who is the source of all sanctity. Let us love it, if we can, for the more one loves it, the more profitable it is.”
~ Mother Therese Couderc

MARCH 10 - 16, 2024

THEME: The Healing Power of the Sacraments

GRACE: a greater understanding of the immensity of God's mercy

SCRIPTURES:

- | | | |
|---------------|------------------|---------------|
| 1. Mt 18: 6-7 | 4. 2 Cor 5:17-18 | 7. Repetition |
| 2. Gen 3:7-8 | 5. 1 Jn 3:13 | |
| 3. Jn 8:7-11 | 6. Heb 4:12-13 | |

QUESTIONS TO ASK MYSELF:

- What are of my life do I need to hear that Jesus does not condemn me?
Am I willing to let go of the shame and receive his mercy?
- Where is God calling me to be his minister of reconciliation?

THOUGHTS TO PONDER

“The whole power of the Sacrament of Penance (Reconciliation) consists in restoring us to God's grace and joining us with him in an intimate friendship.”

CCC 1468

“Let the weak, sinful soul have no fear to approach Me, for even if it had more sins than there are grains of sand in the world, all would be drowned in the unmeasurable depths of My mercy.”

St. Faustina Diary 1059



MARCH 17 – 23, 2024

THEME: The Healing Power of the Sacraments

SCRIPTURES:

Please review scriptures from the past few weeks on the different Sacraments. Choose ones in particular that you may not have gotten to ponder or ones that you feel that you need to do more prayer on and ponder more deeply in a repetition. Use the grace that matches the scripture you pick.

An Ignatian repetition is not a simple review of matter covered in a previous exercise: rather it means returning to and dwelling on those points in that exercise where affective responses or spiritual experiences were stimulated. What counts in repetition is not new content, but renewed encounter.

THOUGHTS TO PONDER

“As fire transforms into itself everything it touches, so the Holy Spirit transforms into the divine life whatever is subjected to his power.” (CCC, 1127)

“All of us, gazing with unveiled face on the glory of the Lord, are being transformed into the same image from glory to glory, as from the Lord who is the Spirit.” (2 Cor 3:18)

MARCH 24 - 30, 2024

THEME: The Healing Power of the Sacraments

GRACE: to realize the power of Jesus' resurrection

SCRIPTURES:

- | | | |
|-------------------|-----------------------|---------------|
| 1. Jas 5:14-15 | 4. Jn 11:4 | 7. Repetition |
| 2. 1 Cor 15:1-4 | 5. Jn 11:23-27 | |
| 3. 1 Cor 15:20-21 | 6. 1 Thes 4:13-14, 18 | |

QUESTIONS TO ASK MYSELF:

- How does Jesus' resurrection help me overcome hopelessness and the fear of death?
- What is my personal experience with the Sacrament of Anointing of the Sick? How did it provide hope and healing for me and / or my loved ones?
- Recall any intense encounters you have had with Jesus in prayer or in the Sacrament of Holy Communion.

THOUGHTS TO PONDER

CCC 1520 - A particular gift of the Holy Spirit. The first grace of this sacrament (Anointing of the Sick) is one of strengthening, peace, and courage to overcome the difficulties that go with the condition of serious illness or the frailty of old age. This grace is a gift of the Holy Spirit, who renews trust and faith in God and strengthens against the temptations of the evil one, the temptation to discouragement and anguish in the face of death. This assistance from the Lord by the power of his Spirit is meant to lead the sick person to healing of the soul, but also of the body if such is God's will. Furthermore, "if he has committed sins, he will be forgiven."