INVITING GOD IN

Sometimes, God speaks to us in a thought or in our hearts. Occasionally, we may hear His words in our heads. The most important thing to learn is to listen to God so you know His voice when He speaks to you.

Do you believe that God loves you?

Would you like to be filled with God's love for you? Let Him know! Then sit quietly and listen to your heart.

Reflections:

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LETTING GO OF THE PAST

What big sticks and stones have hurt you?

What kinds of salve have you used to mask your pain? Were they effective?

Are you experiencing physical, emotional, or spiritual pain right now?

Is there another person with whom you can share your feelings and concerns?

If you are feeling sad and downtrodden, you might consider taking a trip to the mall just as I did. Look each person you meet in the eye and smile at them. When you go home, reflect on or write about how you feel.

What can you do to give your pain to God, to allow Him in His mercy to heal and renew your spirit?

Reflections:

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The fruit of Silence is Prayer;
the fruit of Prayer is Faith;
the fruit of Faith is Love;
the fruit of Love is Service;
the fruit of Service is Peace.

~ MOTHER TERESA OF CALCUTTA

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FORGIVING OTHERS

What scars are on your heart?

How have they affected the person you are today?

Do you harbor feelings of bitterness and unforgiveness?

If there are feelings of bitterness, can you write them down? (Expressing our feelings on paper can be very freeing.)

What may have happened to the people who hurt you that caused them to treat you the way they did?

Reflecting on your past hurts, how do you feel about the person(s) who caused you pain?

Do you think some of the hurts you have received from others might have been unintentional?

Did your pain bring you closer to God? Why or why not?

Forgiveness is a decision. You may want to write down those you need to forgive for past hurts.

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Reflections:

I will give you a new heart,
and a new spirit I will put within you.
I will remove the heart of stone from your flesh and give
you a heart of flesh.

~ EZEKIEL 36:26

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FORGIVING OURSELVES

Did your suffering cause you to react in a way that hurt yourself or someone else?

How might your actions unintentionally hurt others?

Can you seek forgiveness and forgive yourself?

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WALKING WITH JESUS

When you are going through a difficult time, put your hand out and let Jesus hold it and feel His love for you. Although He already knows, tell Him your fears and worries; then sit quietly, listen to His response in your heart and mind, and feel the peace He wants you to have.

Often we worry about the future, and what we worry about never happens. How do you feel about what is happening in your life right now? What worries do you struggle with?

What do you fear? What power do your fears have in your life?

How do you deal with your fears and worries? Can you entrust them to God and live in the present moment with Him, or do you give your fears and concerns to Him and then continue to worry?

Have you asked God for something when you were fearful, worried, or facing a desperate situation with seemingly no answers? How did He respond?

As you reflect on your life, were there times when Jesus was with you, "holding your hand"?

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Did you realize He was walking with you at the time? Can you hold out your hand and visualized Jesus holding it? How do you feel?

Consider, "He is knocking on the door of your heart every moment of every day" and then pray for a listening heart.

When a good thing happens, do you recognize God's hand in it? Can you recall a time when an angel from God may have been sent to you?

What blessings have you received from your crosses? Can you express your gratitude for the blessings you have received?

Reflections:

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Don't spend your energies on things that
generate worry, anxiety, and anguish;
only one thing is necessary:
Lift up your spirit and love God.

~ SAINT PADRE PIO

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