

Laity Engaging Laity (LEL) Reflection

<http://www.dioccs.org/OurFaith/LaityEngagingLaity.aspx>

LEL Mission

“To help laity impact the culture by developing their faith more deeply and living it as strong witnesses in every area of their lives”

September 20, 2014 **Arise My Beloved: A Call To Relationship With Jesus**

“Arise in Jesus’ Teaching on Suffering”

- Why Is This The Way? (Suffering)
 - God is love (1 Jn 4:8/16), a family of love (Father, Son and Holy Spirit) and made us out of love and to love
 - Love requires free will - love is a decision, not just a feeling - can’t force someone to love you
 - Free will allows us to choose to love, but also allows us to choose not to (sin) - often results in suffering
 - Suffering can lead to transformation and love if we suffer with Jesus
 - To have relationship with Jesus we must deny ourselves and take up our cross and follow him (Mt 16:24)
 - If we don’t take up our cross we sin, follow our will/ego desires and suffer the consequences
 - If we take up our cross (e.g., surrender, detachment, internal transformation) we grow in love and relationship - whoever loses his life for Jesus will find it (Mt 16:25)
 - Suffering purifies us like fire refines gold (Mal 3:3), “burns away” our impurities
 - God “parent’s us”, his children, by disciplining us (suffering) to help us grow (Heb 12:7)
 - We are called to love (Mt 22:36), to lay down our lives for others as Jesus did (Jn 15:12)
 - We can suffer for others to help them - redemptive suffering, intercession - prayer and fasting are powerful (Mt 17:21), “Sacrifice yourselves for sinners” (Mary to the children at Fatima)
 - “Suffering is part of the mystery of love” (Fr Samuel Tiesi) - No greater love than this... (Jn 15:13)
 - “Love without suffering is impossible; Suffering without love is unendurable; Love transforms suffering into sacrifice” (Scott Hahn)
 - Love and suffering brings joy and union with Jesus (Mt 5:11-12, Acts 5:41, 1 Pt 4:13, Col 1:24)
 - Why Is This The Way? - **LOVE**
- Reflection - The Inner Child (see first two journaling questions)
 - “Who Is Your Inner Child” video
<https://www.youtube.com/watch?v=kgSNKC8nLXI&index=15&list=RDU0cBhdvXfJA>
 - Inner Child:
 - Personification of feeling we had in childhood
 - Aspect of us who carries our innocence and faith
 - Meeting our “inner child” where we may still be suffering - reflection/prayer exercise
- Suffering during our growth and development (lifetime growth or relationship growth)
 - Eight stages of development (see handout)
 - Each stage can involve dichotomies and distortions (suffering), but putting on the “Mind of Christ” helps us through each stage to relationship strength - suffering is absurd to many in our culture, but to believers it is the power of God (1 Cor 1:18)

- Reflection - Inner Child and Suffering
 - We can move between the developments stages day to day (not rigid stages)
 - We can help our inner child to develop and mature - reflection/prayer exercise, 3rd and 4th journaling questions
- Small Groups - Journaling questions 5-7

Additional Reading/Handouts:

- LEL Reflection - Suffering, Sep 14
- LEL Agenda - Sep 14
- Journaling Questions - Sep 14
- Traits and Spiritual Examens, Jan-Sep 14
- Stages of Development
- Feedback Sheet - Aug 14