

Laity Engaging Laity (LEL) Reflection

<http://www.diocs.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