

# October 2014 LEL Review Handout

## Introduction:

As we reflect on our journey throughout the year, we will be reviewing each month's topic to examine our growth and how this growth has ripened our relationship with Jesus and with others?

### **January: With Jesus Arise in Friendship**

Bring forth in your memory the content of January's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was the parable of the sower. The seed was Jesus' desire for relationship. The soil content of your heart is made from your own personal desires in which the seed must grow. When not in union with Jesus' desire, your soil is rocky, shallow or weedy. When our personal desires are in union with Jesus' desire, the soil is fertile.

Thomas Merton Quote

A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for. You are made in the image of what you desire.

Your goal was to assess your desire for relationship with Jesus?

Secondly, you were invited to examine the desires and motivations of your heart regularly?

**Gently close your eyes and sink into the pause of silence**, reflect on how serious you have taken the work of examining your desires and asking for the grace for transforming them. Are you open to the truth of how your desires move you away or towards relationship with Jesus? And lastly, do you desire this relationship enough to pause into the silence, to hear the invitation and to receive the grace for your desires to be transformed and surrendered towards fertile holiness.

## Journaling questions:

### **February: With Jesus: Arise in Deepening Friendship**

Bring forth in your memory the content of February's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was entering a scene of Jesus' life and being aware of your bodily reaction, physically, emotionally and spiritually while in the scene. Then you related those feelings to your own real lived experience.

Your goal was first to deepen your friendship with Jesus through seeking Him. Second, allowing Him to show you how to hear your soul through listening to your body and identifying your projections?

**Gently close your eyes and sink into the pause of silence**, reflect on how serious you have taken the work of listening to your body? Have you practiced being with your body and becoming familiar with the feel of your inner landscape, knowing yourself and knowing the feel of God's grace within you? Have you been able to listen closely to yourself to know the intensity of your emotions and physical reactions? Are you able to find and see your projections

as a gift to help you know yourself? And lastly, do you desire your relationships with others to be filled with Jesus, enough, to pause into the silence, to hear the invitation to receive the grace of owning your projections and surrendering them into Jesus' hands so as to enter into relationships with Jesus and others in the reality of who they are?

### **Journaling questions:**

#### **March: With Jesus: Arise in Forgiveness**

Bring forth in your memory the content of March's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was entering into the updated version of the prodigal son. Building on February's mini-retreat about owning your projections and surrendering them into Jesus' hands, you entered March's mini-retreat with the call to seek forgiveness of yourself and others where projections and distortions were uncovered.

Gently close your eyes and sink into the pause of silence. Reflect over the past year on the impact of your willingness to enter into forgiveness. In understanding your weakness to project or to believe your distorted thinking, how has that given you compassion for others in their projections and distortion? Remember an incident that called for you to forgive self or others. Were you able to forgive unconditionally?

### **Journaling questions:**

#### **April: Arise in Jesus' Healing Power of Surrender**

Bring forth in your memory the content of April's mini-retreat remembering the foundation of this year is growing in relationship with Jesus. As you surrender your attachments and open this space to God, you grow in spiritual wholeness. Fittingly for the blessed season of lent and Easter, we reflected on the three temptations of Christ that can be seen as attachments: Self-satisfied hunger—the temptation to pleasure and possessions; Self-glory – the temptation to Prestige; Self-power – the temptation to Power.

**Gently close your eyes and sink into the pause of silence**, spiritual illness occurs when space belonging to God is filled with other relationships. Over the past months has your desire for relationship with Jesus deepened and have you consciously made space in your life for Him? Do you see yourself turning away from self and towards God? Is your need for power and control dwindling as you find the grace to let go as you manifest inner humility, surrender and vulnerability?

### **Journaling questions:**

#### **May: Arise in Jesus' Healing Power of Touch**

Bring forth in your memory the content of May's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was on the power of healing touch. The retreat began with a short film on the

hemorrhaging woman where the woman recognized her need for healing. Her desire and need for healing touch brought her to the center of town where Jesus was passing through. The woman struggled through the crowd to reach Jesus. Finally on her knees she was able to reach out and touch the hem of Jesus garment. It was her faith that allowed her to receive the fire of Jesus love that healed her. We entered into a Healing rosary and laid hands on one another as we prayed.

Gently close your eyes and sink into the pause of silence, reflect over the past year on the impact of your willingness to acknowledge your need for the healing grace of touch. Like the hemorrhaging woman do you desire healing? Are you willing to risk closeness in order to touch and be touched? Owning your own need for healing touch, has your faith enabled you to be open to receive the fire of Jesus' touch and accept healing?

### **Journaling Questions;**

#### **June: Arise in Jesus' Healing Power of Thought**

Bring forth in your memory the content of June's mini-retreat remembering the foundation of this year is growing in relationship with Jesus. You did a self-assessment on how well you lived the Mind of Christ as expressed in the Beatitudes. You imagined yourself walking towards and entering into a hot air balloon. As you rose up above the field your vision widened as you allowed the Holy Spirit to rise you into seeing beyond, giving you the opportunity to transform your thoughts and to live the beatitudes.

Make me an instrument of your will, Oh Lord, versus what our culture tells us, It's all about me and what I want.

Gently close your eyes and sink into the pause of silence. Reflect on how well you have embraced the beatitudes as a way of living the mind of Christ. Take note of where your focus has been regarding the beatitudes. **Blessed are the poor in spirit...listing of them all**

### **Journaling questions:**

#### **July: Arise in the Mind of Christ**

Bring forth in your memory the content of July's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was on the Mind of Christ. You continued your journey of from June's self-assessment of how well you lived the Mind of Christ in the Beatitudes as you walked deeper into spiritual distortions.

Gently close your eyes and sink into the pause of silence, reflect over the past year on the impact the awareness of your spiritual distortions have challenged you to change your way of thinking? Again enter that balloon and allow it to rise until you see the panoramic beauty set before you. Breathe deeply allowing yourself to recount the Spiritual distortions of each Beatitude:

- I am supposed to be perfect and so is everyone else...to be God.
- Because I am not omnipotent and unable to fix negative situations, it is right to dwell in hopelessness, futility or absence.

-I can make things happen without being dependent upon God's grace and know...not to share that truth. -God certainly wills to give ME the fulfillment of my own will.  
-I decide who receives God's hand of mercy or vengeance.  
-My relationship with God determines what is the mind of God and what is not for others.  
-My inner peace is the superior factor in determining God's will for self and others.  
-My suffering shows that others are abusive. It is not my call for my own spiritual growth but for the correction of their ungodly behavior.

### **Journaling Questions:**

#### **August: Arise in Jesus' Teaching on Listening**

Bring forth in your memory the content of August's mini-retreat remembering the foundation of this year is growing in relationship with Jesus. We opened this retreat doing Lectio on 1 Kings 19:11-14 (Elijah and the whisper). Elijah didn't hear God in the fire, nor in the earthquake nor in the wind, but in the silence. We talked about the four steps in the process of spiritual listening: Know yourself; Self-examination (are there distortions, projections, non-truths?); Prayer and Listening and Responding. The importance of listening was shown in the Shema: Deut. 6:4 "Listen, O Israel, the Lord is our God; the Lord is One".

Gently close your eyes and sink into the pause of silence. Listen for what Jesus has to say to you about your spiritual growth over this past year.

### **Journaling questions:**

#### **September: Arise in Jesus' Teaching on Suffering**

Bring forth in your memory the content of September's mini-retreat. While viewing the slides remember the foundation of this year is growing in relationship with Jesus. The context of this prayer time was to know and understand yourself by meeting your inner child and to experience that place within you that carries your innocence and faith. Also, to understand your perception of the meaning of suffering and how you react and respond to it as formed in your childhood.

First, are you open to understand yourself more deeply by your willingness to examine your childhood perceptions and to bring them into consciousness.

Second, are you open to allowing Jesus to transform your childhood understandings of suffering?

**Gently close your eyes and sink into the pause of silence**, reflect on how serious you have taken the work of examining your childhood reactions and responses that continue to exist within you today? Have you given Jesus the opportunity to give you the grace to grow and mature your inner child perceptions into adult perceptions of meaning and purpose in regard to suffering?

### **Journaling questions:**

#### **October: Arise in Jesus' Teaching on Serving**

### **Journaling question:**