

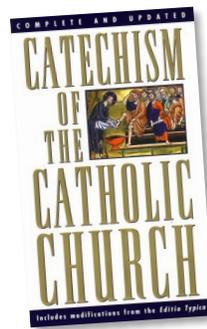


SPIRITUAL COMMUNION

GOD'S DESIRE FOR YOU: THE POWER OF PRAYER

OVERVIEW

- God created YOU out of an act of love. And this love of God holds us into existence. Meaning, if He stopped thinking about you for one moment, you would no longer exist.
- God delights in who you are as a parent delights in their child.
- God, the Father, sent His Son Jesus to restore our communion with Him.
- Prayer is how we respond back to God out of love.
- In prayer, our desire for God, meets God's desire for us.
- Key passages referenced: CCC 1, 2560 and 1 John 4:16,19



THE CATECHISM

The Catechism of the Catholic Church is a beautiful compilation of Church teaching. It compiles Scripture and the Tradition of the Church to provide answers to our biggest questions. The very first paragraph of the book states, *“God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life. For this reason, at every time and in every place, God draws close to man.”* God draws close to YOU. His desire is for you to share in His life. Our response back to God's goodness is expressed in prayer.

**“I WOULD CREATE THE
WORLD AGAIN JUST TO HEAR
YOU SAY YOU LOVE ME.”**

*WORDS OF JESUS TO
ST. TERESA OF AVILA*

JOIN THE CONVERSATION

Join us each week for an online conversation to discuss the weekly video and to encourage and support one another in spiritual communion. Discussion group begins this week. You can call into the discussion or join via video chat. Wednesdays: 12-12:35pm, sign up online:

www.triparishfaithformation.org/spiritual-communion



REFLECTION QUESTIONS

1. How did last week's challenge go for you of praying the prayer of Spiritual Communion?
2. Think of someone in your life whom you love, spend time with, and communicate with; how does your relationship with them compare with your relationship with God?
3. "Prayer is the encounter of God's thirst with ours," What do you think this means?
4. Where will you set up a prayer space in your home? What elements will your prayer space include?
5. Close your time reflecting on the meaning of this passage, 1 John 4:16,19:

"So we know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him. We love, because he first loved us."



FAMILY FOCUS

For children, environment is everything. This is how they experience the world. Dr. Maria Montessori said that "what the hands do, the mind remembers." This is not only true for their every day life, but their spiritual life as well. Take time this week to not only find a spot for you to pray, but challenge your family to find a space to set aside and make a family prayer table. This can be a small table or shelf covered with a cloth, adorned with a Bible and some other holy items. You can find more information on what you need to set up such a space here: [Prepare A Prayer Space](#).



WEEKLY CHALLENGE

Our environment impacts us greatly. When we are at home, our brain is signaled to relax. When we are at school, our brain is signaled to attentiveness. When in Church, we are drawn to prayer. There are cues from our environment that alert us to our surroundings.

Sacred Space: This week, your challenge is to create a prayer spot in your home that can become a "sacred space." Maybe this looks like sitting in a particular chair in your living room or finding a sunny spot to sit cross legged on the floor for your time of prayer. No matter where your space is, have it set apart from other spaces of your home by setting up an image of Christ, the Saints, or a crucifix to remind you what the space is intended for—prayer!

Sacred Time: Also this week, reflect on when you can set aside "sacred time" or time you guard as time with God. Maybe this is first thing in the morning with a cup of coffee or in the evening after dinner.