



Spirituality Support Nights Prayerful Reflection

At the heart of any deepening relationship with God is the wonder of God's boundless love. A felt experience of God's love can assure us of its abiding nature in times when God feels absent.

Opening Prayer:

You Have Called Me by Name

Oh, Lord my God,
You called me from the sleep of nothingness
Merely because in your tremendous love
You want to make good and beautiful beings.
You have called me by my name in my mother's womb.
You have given me breath and light and movement
And walked with me every moment of my existence.
I am amazed, Lord God of the universe,
That you attend to me and, more, cherish me.
Create in me the faithfulness that moves you,
And I will trust you and yearn for you all my days.
Amen. *Joseph Tetlow, SJ*

Reflection on Scripture in light of life experiences:

1. Read a Scripture passage on the Baptism of Jesus
(Matthew 3:13-17 or Mark 1:9-11 or Luke 3:21-22)
2. Ask the Holy Spirit to open your heart to an awareness of God's deep and unconditional love and care for you.
3. Spend time reflecting/journaling on the times during your life when you felt God's loving presence. This may include time with friends or family, times alone in nature, special events – birthdays, graduations, etc. (Alternately, reflection might focus on experiences of suffering in your life, or on being called - see following page.)
4. The group may choose to share their reflections at this time or after the closing prayer.
5. Close the prayer or sharing with the Lord's Prayer or another suitable prayer.

Additional reflections for personal or group prayer:

1. Reflection on *suffering* in my life.

(The Gospel of Luke is filled with healing parables, and therefore, filled with stories of people who have experienced suffering in their lives. Read through some of the parables in Luke and choose one that touches your heart and/or life experience.)

Ask yourself the following questions during your reflection:

- Is there a pattern in my life as I review my sufferings?
- How has God brought me through my suffering?
- Have I had a sense of God calling me to love God and others in any of my experiences of suffering?
- Close as above.

2. Reflection on being *called* in my life.

(Luke 4:16-30 or 1 Corinthians 1:26-31 or 1 Corinthians 12:27-31)

Ask yourself the following questions during your reflection:

- When have I felt called by God to something?
- How did I become aware of the call?
- Did I follow the call or choose something else?
- How did I feel God's presence in the call I received?
- Close as above