

Are You Ready ... To Be Love?

A Catholic Program for Spiritual Growth

# Agenda and Materials

Sun. 3/2 – Invitation to the Spiritual Life

**Sun. 3/9 – Natural means of healing**

**Themes of Humility**

Sun. 3/16 – Baptism Heals

Themes of Humility and Detachment

Sun. 3/23 – Confession Heals

Themes of Detachment

Sun. 3/30 – The Eucharist Heals

Themes of Detachment and Love

Sun. 4/6 – Prayer Heals

Themes of Love

Sun. 4/13 - Palm Sunday (day off)

Wed. 4/16 - Day of Mercy

**Website:** WillToLove.com

- Download handouts
- Recordings (hopefully!) and slides
- Reading Lists | Playlists

**Handbook:** Explains premises of the spiritual audit.

**Workbooks I-III:** Values-based audit

**Healing Exercises:** Explanation of types of healing; Value-based exercises in ACT techniques (in process)

# The Spiritual Audit

- A comprehensive set of Christian values
  - Definitions
  - Scripture
  - Reflections
- An assessment of whether we are ready to work on those values
- Preparation for confession
- Worksheets to work on a value

# Patterns of Growth

- The Cycle
- Noticing
  - After the fact
  - In the moment
  - In anticipation
- Choosing something different
- Habit vs. Deliberate Action
- In heaven ...
- Accountability buddy

# Humility

Relationship:	God
Theological Virtue:	Faith
Spiritual Life Stage:	Awakening and Conversion
Transformation:	To be Holy (set apart for God)
Lenten Practice:	Prayer

# Some values related to Humility

**Faith**

Humility

**Holiness**

Authenticity

Poverty in Spirit

Gratitude

Obedience

**Fear of the Lord**

# Faith

- Belief – assent to a doctrine
  - Do you believe Jesus is your savior?
- Trust – response to an encounter
  - Do you trust Jesus heals?
- Doubt and indifference
- **Seeking to resolve our doubts and, in response to encounters with God, responding in trust.**
- Jesus, I trust in You.

# Breakout

- Can you remember a time when you encountered God?
- Are you ready to have Jesus reveal to you all that he knows about you?
- What is something small you can start doing today to act as if you already trust God?

# Holiness

- Holy means set apart for God
- We don't try to *transform ourselves*.
- *We ask God to transform us* and trust that God will by cooperating with grace.
- **Holiness: Being open to God's ongoing work of transforming us to set us apart for Him.**
- Who do you say you are?
- Notice what we call ourselves.
- You are “the one whom Jesus loves.”

# Breakout

- Who do you say you are?
- How does that affect how you act?
- In silent prayer, ask Jesus, “Who do you say that I am?” Listen.

# Fear of the Lord

- Are you afraid of God?
- 1<sup>st</sup> of 7 gifts of the Holy Spirit
  - The power of the Holy Spirit guides us:
    - away from offending God, out of love for God.
    - towards a sense of awe and reverence to God.
  - It's like an instinct
- How is this a value?
- **asking for and cooperating with this gift.**
  - Prayer
  - Contemplate the greatness of God
  - sacraments (especially Confession),
  - notice sensations, thoughts, and feelings when we just “know” what should or should not be done.

# Breakout

- What about God amazes you, or gives you a sense of awe or reverence?
- Have you ever felt that instinct of aversion to sin?