

Are You Ready ... To Be Love?

A Catholic Program for Spiritual Growth

# Agenda and Materials

Sun. 3/2 – Invitation to the Spiritual Life

Wed. 3/5 – **Day of Commitment**

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)

# Secular View of Human Life

INTELLECTUAL

SENSUAL

PHYSICAL

# Secular View of Human Life

- Values
- Long term satisfaction
- Social connection

INTELLECTUAL



SENSUAL



PHYSICAL

- Seeks Pleasure
- Avoids Pain
- Adapts

# Weak, Unhealthy, and Wounded

- Our body and minds
  - Impacted by external factors
- Our wills
  - Lack integrity
  - Weakened, Wearied, Tormented, Blinded

# Christian View of Human Life

GOD

SPIRITUAL

INTELLECTUAL

SENSUAL

PHYSICAL

# Christian View of Human Life

GOD



SPIRITUAL

-Union with God



INTELLECTUAL

-Seeks Freedom



SENSUAL

-Seeks Pleasure

-Avoids Pain

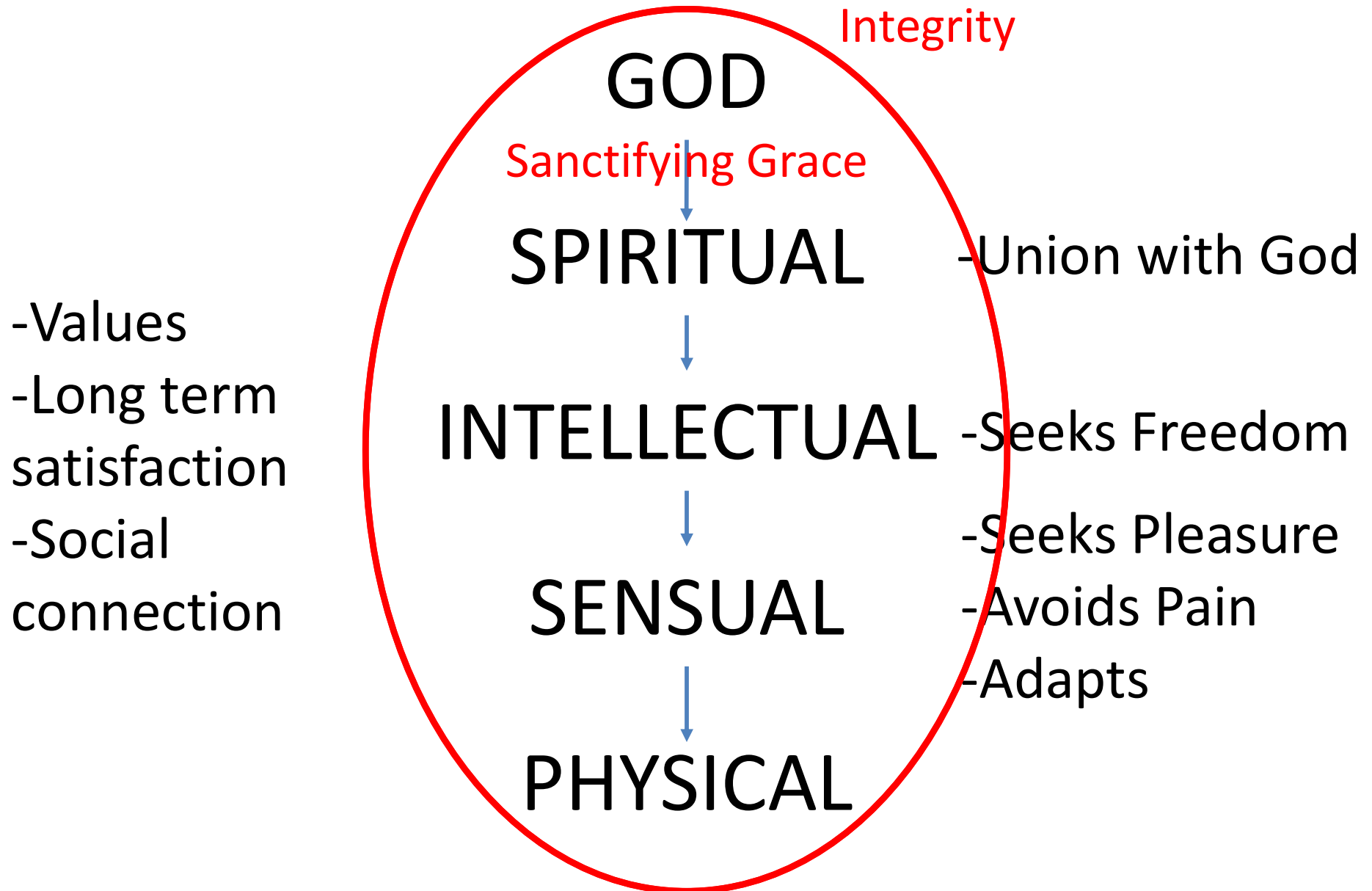
-Adapts



PHYSICAL

-Values  
-Long term  
satisfaction  
-Social  
connection

# Christian View of Human Life





# Original Justice vs. Original Sin

- Original Justice
  - Adam was given sanctifying grace and integrity
  - Was inheritable gift
  - Apparent good vs. obedience
- Original Sin
  - Did not inherit sanctifying grace and integrity
  - A state of loss, not of inherited guilt

# Weak, Unhealthy, and Wounded

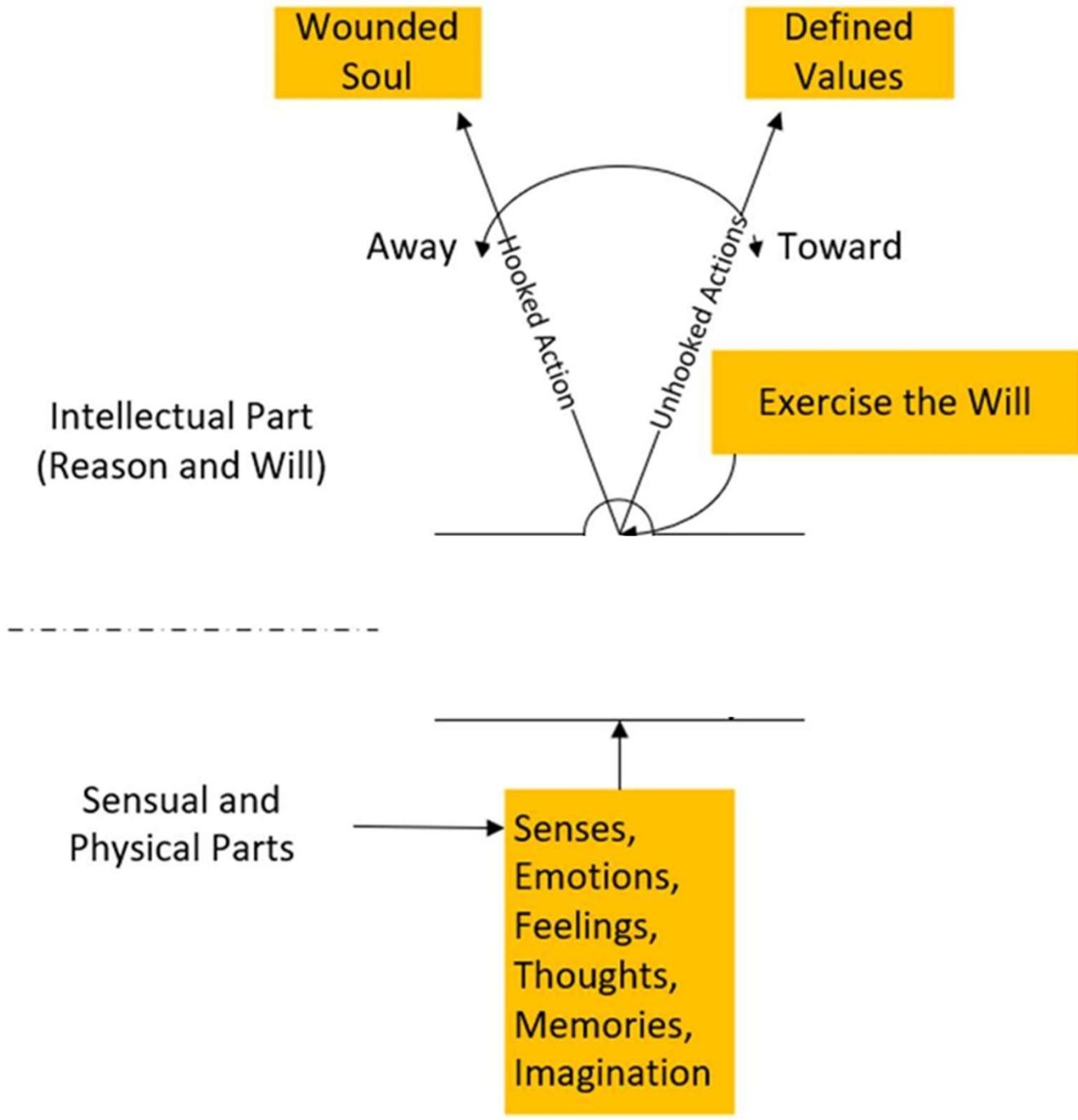
- Our body and minds
  - Impacted by external factors
- Our wills
  - Lack integrity
  - Weakened, Wearied, Tormented, Blinded
- Our souls
  - Lack sanctifying grace
  - Lack integrity
  - Weakened, Wearied, Tormented, Blinded, Defiled

# Healing and Growth

- Healing our body and mind
  - Natural means of healing: healthy habits, medicine, psychology
- Restoring Sanctifying Grace
  - More grace!
  - Baptism (and confession) restore sanctifying grace and heal the soul.
  - We become “adopted” children of God.
- Restoring Integrity
  - Grace
    - Gifts of the Spirit
    - Eucharist
    - Intercessory Prayer
  - Cooperating with Grace (our hard work)
    - Prayer
    - Surrender to God
    - Conforming our will to God’s

# Exercising our Wills

- Values
  - Positively-defined
  - Directional
  - Quality of behavior
- Committed Action
  - Choice in the moment despite situational input
  - Towards a value



# SMALL GROUP BREAK

1. In any of your faith formation since youth, whether in CCD, theology classes at a Catholic school, or your own reading, have you ever learned about these concepts of a. integrity, b. original justice, or c. original sin as a loss of inheritance (and NOT as inherited guilt)?

2. Are there a new things that you learned tonight or have questions about?

(5 min)

3. What does it mean to be *healed*? Consider the statement: to be healed is to be able to love others. What do you think? (5 min)

4. What do you think of the following statement: The job of your body, reason, and will is to protect the life of your immortal soul. (5 min)

# The Spiritual Life Stages

- Awakening – Awareness of God
- Conversion – Decision to follow Christ
- Purgation – Removing obstacles
- Consolation – Peace from closeness to God
- Dark Night – Testing and perseverance, sense of abandonment
- Illuminative – Deepened understanding and God preparing us
- Unitive – Complete surrender to and unity with God

# Who is God?

- Grow in understanding of God through a relationship with Him.
- God is a Being who is love.
- God wants us to be love too.
- God acts first – by seeking us out.
- God wants us to let Him transform us.



# SMALL GROUP BREAK

(10 Min)

1. Who is God to you?
2. Have you ever felt like God was seeking you out?
3. Have you ever asked God to transform you?

# The Spiritual Audit

- A comprehensive set of Christian values
  - Definitions
  - Explanations
  - Reflections
- Ordered/Grouped based on
  - Topical: Humility, Detachment, Love
  - Relational: God, self, and others
  - Virtues: Faith, Hope, Love
  - Stage: Awakening and Conversion, Purgation, Illuminative and Unitive
  - Transformation: To be Holy, Perfect, Merciful
  - Lent: Prayer, Fasting, Almsgiving
- An assessment of whether we are ready to work on those values
- Worksheets to work on a value
- Preparation for confession

# Values

## Humility

Faith and Trust  
Humility  
Holiness  
Authenticity and Integrity  
Poverty in Spirit  
Gratitude  
Obedience  
**Fear of the Lord**  
**Piety** and Worship  
Fidelity and Faithfulness  
Patience  
Meekness

## Detachment

Hope  
**Fortitude** and Courage  
Discipline | Responsibility  
Perseverance | Resilience  
Diligence and Zeal  
Order  
Serenity  
**Counsel** and Prudence  
Thrift  
Temperance | Self-Control  
Chastity | Purity | Modesty

## Love

Charity  
**Knowledge**  
Respect and Dignity  
Kindness and Hospitality  
Compassion  
Generosity  
Service  
**Understanding**  
Honesty | Truthfulness  
Justice and Authority  
**Wisdom**  
Selflessness  
Forgiveness  
Repentance | Renunciation  
| Contrition | Restitution  
Mercy

# First Value: Prayer

- Prayer is not
  - Request for unearned worldly favors
  - Superstition
- Rote prayers
- Listening
- Take the time
- Definition as a value: “the quality of *taking the time* to interact with God, in word, song, or silence, to praise, thank, worship, adore, petition, contemplate, listen to, or just be with God.”

# SMALL GROUP BREAK

(10 Min)

1. Complete and discuss your responses to the prayer questions.
2. Commit to action this Lent, and write that commitment into the prayer book on Ash Wednesday. We will pray for all intentions in the prayer book throughout Lent.
3. Good night.

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