

August 11, 2019 - Nineteenth Sunday Ordinary Time

*MAY JESUS CHRIST BE PRAISED
NOW AND FOREVER!!!*



SPIRITUAL PONDERINGS

Spiritual Randomness

The following reflection begins with Mathew Kelly's "Prayer Process" from his book *Four Signs of A Dynamic Catholic*. Quotes from his book are in bold and my commentary will be in the normal font at the end.

In the Prayer Process we take time – a minute, two minutes or maybe ten minutes – to spend time with Jesus every day. Pick a specific time when you will pray; for example, first thing in the morning or at night when the kids go to sleep. Find a quiet place where you can exclusively focus on God and begin.

The seven steps of The Prayer Process are as follows:

- 1. Gratitude: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.**
- 2. Awareness: Revisit the times of the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.**
- 3. Significant Moments: Identify something you experienced today and explore what God might be trying to say to you through that event (or person).**
- 4. Peace: Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.**
- 5. Freedom: Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.**

- 6. Others: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.**

- 7. Finish by praying the Our Father.**

Each of the first six steps in the process should stimulate a conversation with God. It is easy to fall into the trap of merely thinking about these things. When you find yourself doing that, return to actually speaking with God about whatever it is you are thinking. The goal is to develop the ability to have intimate conversations with God during this time set aside for prayer. The more deeply rooted we become in this daily habit of prayer, the more those conversations with God will spill over into the moments of our daily lives.

If you are just beginning, you may want to start with just one minute of conversation with God each day, adding a minute each week until you reach ten. If that is the case, don't try to race through all seven aspects of the prayer process. Just use the first step, Gratitude. Spend your minute speaking to God about everyone and everything you are grateful for, and then close with an Our Father. As you expand your time of prayer over the coming weeks, adding minutes, I suggest you add one step at a time of the process to your daily prayer. The key is to get the conversation started.

But whether you start with one minute a day or ten minutes a day, I hope this chapter has left you thinking, "I can do that!" Nothing will change your life more meaningfully than developing a vibrant and sustainable prayer life."

I believe having a specific formula to follow can help one begin to pray consistently. As I began to pray more and more, I found myself moving away from the formal rigidity of the prayer process so I would not make it a steadfast rule that you have to do all the parts all the time

but I did also find it nice to go back to when I felt my prayer life was not as consistent as I would like it to be.



THOUGHT OF THE DAY

Sunday

If we do not fill our mind with prayer, it will fill itself with anxieties, worries, temptations, resentments, and unwelcome memories. - Scott Hahn

Monday

Let the Church always be a place of mercy and hope, where everyone is welcomed, loved and forgiven. - Pope Francis

Tuesday

The perfect family doesn't exist, nor is there a perfect husband or a perfect wife, and let's not talk about the perfect mother-in-law! It's just us sinners. A healthy family life requires frequent use of three phrases: "May I? Thank you, and I'm sorry" and "never, never, never end the day without making peace." - Pope Francis

Wednesday

Forgiveness does not mean that we suppress anger; forgiveness means that we have asked for a miracle: the ability to see through mistakes that someone has made to the truth that lies in all of our hearts. Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness. Attack thoughts towards others are attack thoughts towards ourselves. The first step in forgiveness is the willingness to forgive. - Marianne Williamson

Thursday

As mariners are guided into port by the shining of a star, so Christians are guided to heaven by Mary. - Thomas Aquinas

Friday

We have a strange illusion that mere time cancels sin. But mere time does nothing either to the fact or to the guilt of a sin. - C. S. Lewis

Saturday

The great danger in today's world, pervaded as it is by consumerism, is the desolation and anguish born of a complacent yet covetous heart, the feverish pursuit of frivolous pleasures, and a blunted conscience. Whenever our interior life becomes caught up in its own interests and

concerns, there is no longer room for others, no place for the poor. - Pope Francis



BREAKING OPEN THE WORD

August 11 2019 // Nineteenth Sunday in Ordinary Time //

Lectionary: 117 // Gospel [LK 12:32-48](#)

Jesus said to his disciples: "Do not be afraid any longer, little flock, for your Father is pleased to give you the kingdom. Sell your belongings and give alms. Provide money bags for yourselves that do not wear out, an inexhaustible treasure in heaven that no thief can reach nor moth destroy. For where your treasure is, there also will your heart be. "Gird your loins and light your lamps and be like servants who await their master's return from a wedding, ready to open immediately when he comes and knocks. Blessed are those servants whom the master finds vigilant on his arrival. Amen, I say to you, he will gird himself, have them recline at table, and proceed to wait on them. And should he come in the second or third watch and find them prepared in this way, blessed are those servants. Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into. You also must be prepared, for at an hour you do not expect, the Son of Man will come." Then Peter said, "Lord, is this parable meant for us or for everyone?" And the Lord replied, "Who, then, is the faithful and prudent steward whom the master will put in charge of his servants to distribute the food allowance at the proper time? Blessed is that servant whom his master on arrival finds doing so. Truly, I say to you, the master will put the servant in charge of all his property. But if that servant says to himself, 'My master is delayed in coming,' and begins to beat the menservants and the maidservants, to eat and drink and get drunk, then that servant's master will come on an unexpected day and at an unknown hour and will punish the servant severely and assign him a place with the unfaithful. That servant who knew his master's will but did not make preparations nor act in accord with his will shall be beaten severely; and the servant who was ignorant of his master's will but acted in a way deserving of a severe beating shall be beaten only lightly. Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more."

Spiritual Reflection: If we do not fill our mind with prayer, it will fill itself with anxieties, worries, temptations, resentments, and unwelcome memories. - Scott Hahn

Spiritual Questions

1. How does prayer help us fight off anxieties?

2. Why does a lack of prayer create an environment where anxieties and temptations can grow?
3. Why did the servant start abusing the other servants?
4. How would you grade yourself as a Christian? What would or should you do in order to get better?
5. What would a place among the “ungrateful” look like?



A HEALING PRAYER.

O Jesus, Good Shepherd, You heal the sick and needy. We ask you to heal all those who have been wounded by the sin of abortion and the culture of death. You know what it is like to endure pain and to be unjustly put to death. Look kindly upon them today and heal their broken souls. Please offer them your forgiveness as you did to the people who put you to death on the cross because they too do not fully understand what they are doing. Convert them so that they can become warriors for the culture of life.



Give Your gift of wisdom to physicians that they may be guided by the Holy Spirit in all they do. Bless those nurses who feel like they are helping women by helping them get abortions. Instead let their hands become Your hands as they touch me. O Jesus, grant us all Your healing grace of love and peace. Amen.



St. Monica Society

Please join us in praying a special prayer each month for Catholics who have fallen away from their faith.

THE PRAYER ABLAZE WITH THE FIRE OF YOUR SPIRIT

O Lord, You have mercy on all, take away from those who are estranged from your Church their sins, and mercifully set them ablaze with the fire of Your Holy Spirit. Take away from them the heart of stone, and give them human heart that know they are loved so that they may have hearts to love and adore You, and hearts to delight in You, to follow and enjoy You. Amen.

 **Catholic Prayer**

CHAPLET OF FAITH

How to pray the Chaplet of Faith

The regular Rosary of five decades is used as the Chaplet of Faith.

1. On the large beads, you say the The Apostles' Creed
2. On the small beads, you say, "Jesus, Mary, I love you, save souls, save the consecrated."
3. At the end, after having completed the 5 decades, say 5 times the following,

Hail Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Amen.

 **Humor**

A bear walks into a restaurant and say's "I want a grillllllled.....cheese." The waiter says "Whats with the pause?" → The bear replies "Whaddy a mean, I'M A BEAR."

What do you call bears with no ears? → B

Why dont blind people skydive? → Because it scares the crap out of their dogs.

I went in to a pet shop. I said, "Can I buy a goldfish?" The guy said, "Do you want an aquarium?" → I said, "I don't care what star sign it is."

What do you get when you cross a dyslexic, an insomniac, and an agnostic? → Someone who lays awake at night wondering if there is a dog.