

Y Living with Christ

**Prayer
Journal
2018-2019**

This journal belongs to:

Why journal?

SPIRITUAL JOURNALING IS a form of prayer. Far beyond recapping our life's events, the exercise of journaling helps us to express our spiritual life. Our written words capture our spiritual experiences, thoughts, struggles, victories – and essentially form a prayer through which we communicate to God what lies in our innermost self.

The exercise of spiritual journaling does not require us to be experienced in such a practice, nor are there any specific guidelines. When we journal, we need not worry about style or formalities. Just as in our regular prayers, Jesus wishes us to speak freely, simply and honestly what is in our heart.

This journal provides some guideline to your prayer exercise in the **Responding to the Word** section each day, where you find a question that is directly connected to the readings of the day. If this question is helpful, feel free to use it, but do not feel constrained by it.

Spiritual journaling will essentially enlarge our vision and lead to a greater understanding of our spiritual journey.

1st Sunday of Advent

IF SOMEONE ASKED what gives you hope in a world often marked by war, violence, desperate poverty, and religious and racial intolerance, how would you answer? As we enter this season of hope, does the world seem any more humane than when we gathered to celebrate the beginning of Advent last year?

In spite of staggering world problems, we take hope in the promise of rescue from Jeremiah, “I will cause a righteous Branch to spring up for David.” Throughout the Hebrew scriptures, God promises and fulfills these promises. Those in bondage are led out of the desert of oppression. God hears the cry of the poor and sends prophets to serve as advocates on their behalf.

Jesus fulfills Jeremiah's prophecy, the “righteous Branch”

who will lead people out of the bondage of sin and selfishness to the freedom of love and healing. In Luke, the coming of the Son of Man promises that even during human history's most fearful times we will not be left alone – instead, Jesus will rescue all who place their hope in him. His is a prodigal love that leaves no one behind. Perhaps the greatest hope is a heart open to change, to begin again on the road to conversion.

This Advent offers another opportunity to heal relationships, encourage those who have little hope, and build bridges in our communities. Our hope is strengthened by the realization that we are not alone, but continue the ministry of Jesus.

Sr. Judy Morris, OP

People and Prayers to Remember this Week

Readings of the Day

Jeremiah 33.14-16

1 Thessalonians 3.12 – 4.2

Psalm 25

Luke 21.25-28, 34-36

Responding to the Word

God declares that now is the time for fulfilling promises.

What promises do I most desire to be fulfilled?

SUNDAY JANUARY 20

World Day of Migrants and Refugees

Week of Prayer for Christian Unity (January 18-25)

2nd Sunday in Ordinary Time

IN CELTIC SPIRITUALITY there is a concept known as a “thin place.” This is a time, place or event in which, for a brief moment, our humanity is embraced by the mystery of the divine and we are filled with the wonder of God. It can happen at the most unlikely time or in life’s ordinary events.

A wedding feast can be one of these thin places. A wedding is a time of abundance and celebration. From the food and wine that are served, to the music and dancing that follow, weddings overflow with goodness of life. On a deeper level, weddings speak about love, compassion and unity. In this thin place, we experience the mystery of the divine.

The wedding feast of Cana is a sign of God’s love and compassion. In a truly human event, God, through Jesus, reveals what he has in store. The abundance of the wedding is a taste of what God provides at the eucharistic table. God’s compassion knows no limits. Imagine the embarrassment the bride and groom would face if the wine ran out. Just as God provided an abundance of wine for the couple, so too will God provide an abundance for us in the wine of the new covenant. This sign that God worked at Cana is at work in the thin places of our lives.

Anthony Chezzi

