

Come. Be. BECOME

“Be who you were created to be, and you will set the world on fire.”



SISTER MIRIAM JAMES: An Encounter with Christ

QUESTIONS:

1. *“You don’t decide how your story begins, but you do get to decide how it ends.”* How do you understand this statement? How can it help to focus our lives?
2. Just as it was with the leper, Jesus wills for all of us to be healed, and freed from whatever binds us and keeps us from living in the freedom He intended for us. All we need to do is ask and give Him permission to act. What stands in your way of asking for Jesus’ healing?
3. Sister Miriam says that people who are very holy are luminous and truly human. What does this mean? Have you ever encountered someone like that? How were you affected? How do you think God calling you to be fully human and luminous with His grace?

For Further Individual Reflection:

4. Sister Miriam says, *“Christianity is not behaviour modification. The goal is not to make you good little boys or girls. The goal is your transformation into glory, where God gives you the deepest desires of your heart.”* Where in your life are you just performing, trying to be a ‘good Catholic’ by putting on a facade? How do you think God wants you to let Him into your heart?
5. - Where do you want to be healed and restored (made clean) in your life?
- What is your honest thought about being willed, loved and necessary? A part of you may be sceptical of this reality, but the absolute truth is, that you are willed, loved and necessary.
- How is God calling you to become more luminous (full of light), fully alive and human?

Sister Miriam: *“Be very specific in these questions (theoretical answers do not help). What is the Holy Spirit stirring in you in these areas? Where do you want to grow? The pursuit of excellence requires a degree of very specific work to be done. God is calling us to excellence, the pursuit of holiness and the fulness of what we are called to be. This comes from a daily encounter with the One who loves you and desires to heal you. Pray today: Jesus draw me closer to you, set my heart on fire.”*

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LIVE IT – WEEKLY CHALLENGE

Invite the Holy Spirit to bring you into a greater awareness of areas of your life that are in need of healing, and then approach Jesus to ask for His healing.

EXTRA RESOURCES:

Book by Sr. Miriam James Heidland	Loved As I Am URL: https://amzn.to/2HkUzY7
Books by Henri Nouwen	The Return of the Prodigal Son URL: https://amzn.to/2W0IwZm You Are the Beloved URL: https://amzn.to/2HgdiVO
Books by Fr. Jacque Philippe	Searching for and Maintaining Peace URL: https://amzn.to/2JBKzMX Interior Freedom URL: https://amzn.to/2Q04nux
Book by Sr. Kathryn Hermes	Reclaim Regret: How God Heals Life's Disappointments URL: https://amzn.to/2HpqPcy
Book by Robert Cardinal Sarah	The Power of Silence: Against the Dictatorship of Noise. URL: https://amzn.to/2Jwc1f4
Book by Bob Schuchts	Be Healed: A Guide to Encountering the Powerful Love of Jesus in Your Life. URL: https://amzn.to/2E2ZqfW

Visit hrcyoungadults.ca/become for links to the session videos, question sheets, resources and more.

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FOR SILENT REFLECTION (IN CHURCH):

MARK 1: 35-45 (NRSV) JESUS HEALS THE LEPER OF LEPROSY.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, *“Everyone is searching for you.”* He answered, *“Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.”* And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons. A leper came to him begging him, and kneeling he said to him, *“If you choose, you can make me clean.”* Moved with pity, Jesus stretched out his hand and touched him, and said to him, *“I do choose. Be made clean!”* Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, *“See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them.”* But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

ROBERT CARDINAL SARAH: “Silence is not absence. On the contrary, it is the manifestation of a presence, the most intense of all presences. The real questions of life are posed in silence. We can hear our heartbeats only in silence. Silence is by no mean self-absorption or muteness but, rather, a condition for being present to God, to neighbour and to oneself”.

POPE EMERITUS BENEDICT XVI: “Are we not perhaps all afraid in some way? If we let Christ enter fully into our lives, if we open ourselves totally to Him, are we not afraid that He might take something away from us? ... No! If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. No! Only in this friendship do we experience beauty and liberation ... When we give ourselves to Him, we receive a hundredfold in return. Yes, open, open wide the doors to Christ – and you will find true life.”

SAINT JOHN PAUL II: It is Jesus in fact that you seek when you dream of happiness; he is waiting for you when nothing else you find satisfies you; he is the beauty to which you are so attracted; it is he who provokes you with that thirst for fullness that will not let you settle for compromise; it is he who urges you to shed the masks of a false life; it is he who reads in your hearts your most genuine choices, the choices that others try to stifle. It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal.