

A decorative header featuring a background of colorful stained glass windows with intricate geometric and circular patterns. The text "LIVING OUR FAITH" is overlaid on this background. "LIVING" and "FAITH" are in a large, white, serif font, while "OUR" is in a smaller, white, serif font. The letter "L" in "LIVING" and the letter "F" in "FAITH" are highlighted in a gold color.

LIVING OUR FAITH

Sponsored by Graduate Ministry

One-Day Online Lenten Retreat 2015

Given by Bishop Gordon Bennett, S.J.



Dear Graduate Students and Friends,
Graduate Ministry would like to provide this One-Day Online Lenten Retreat for you and for those you think might enjoy spending some quality time with God during this Lenten season. Before you begin your retreat, pause for a few moments of silence and set aside all distractions. Please take a few slow and deep breaths, and be aware of the loving presence of God.

INTRODUCTION

Message of His Holiness Pope Francis for Lent 2015

“Make your hearts firm” Jas 5:8

http://w2.vatican.va/content/francesco/en/messages/lent/documents/papa-francesco_20141004_messaggio-quaresima2015.html



SESSION I

SCRIPTURE READING: *Matthew 11:28-30*

BISHOP BENNETT’S TALK I: <http://youtu.be/gykEkfLDoIU>

REFLECTION

For what reasons am I not accepting Jesus’ offer to carry my own burdens and worries?

PAUSE FOR JOURNALING AND PRAYER

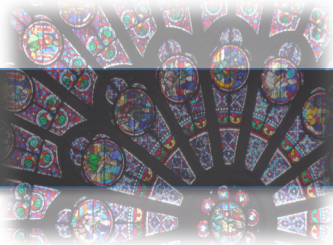
Pray to Jesus in these words or your own

Personal Prayer of Pedro Arrupe, S.J.

Grant me, O Lord,
to see everything now with new eyes,
to discern and test the spirits that help me read the signs of the times,
to relish the things that are yours,
and to communicate them to others.
Give me the clarity of understanding that you gave Ignatius.

Amen.

Prayer is taken from: <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/amdg-prayer/>



SESSION II

SCRIPTURE READING: Matthew 6:1-6, 2Corinthians 5:20-6:2

BISHOP BENNETT'S TALK II: http://youtu.be/_dkTPURwBs

REFLECTION

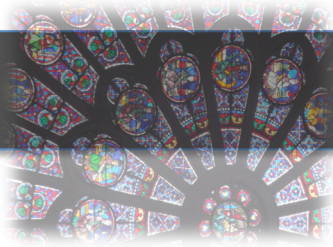
*How do I project my shortcomings on others?
How might I ask God for the grace of transformation?*

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words or your own

Prayer for Generosity by Saint Ignatius of Loyola

Lord, teach me to be generous.
Teach me to serve you as you deserve;
To give and not to count the cost,
To fight and not to heed the wounds,
To toil and not to seek for rest,
To labor and not to ask for reward
Save that of knowing that I do your will.
Amen.



SESSION III

SCRIPTURE READING: Micah 6:8, John: 15, Luke 15, Luke 9

BISHOP BENNETT'S TALK III: <http://youtu.be/5CB2QAsRFEQ?list=PLY0KKMXVdQHmlPymyE8ExGB151t7bkuz>

REFLECTION

*What keeps me from taking on Jesus' yoke of loving and forgiving others?
How might I be refreshed in God's love so as to give God glory?*

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words or your own

AMDG

I am supposed to do everything in life for one reason: the greater glory of God.
Yet I spend most of my life unconcerned with this;
I waste it on petty things.
God, please grant me clear vision,
the vision to work for the greater glory of your name.
Please help me to wake up each morning with this in mind.
Help me to clear my mind of minor details that only distract me from my purpose.
Keep away the indifference that fogs humankind.
Point me where your people need help,
So that I may go to bed each night knowing the world is a better place,
And your vision has been fulfilled.
Amen.

Prayer is taken from: <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/amdg-prayer/>