

One-Day Online Lenten Retreat

The Way of Faith

Given by Bishop Gordon Bennett, S.J.
Sponsored by Graduate Ministry 2014



LENT

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

Nature. Beauty. Gratitude.

http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude



PRAYER

FASTING

ALMSGIVING

SESSION I – *What does the Church offer us in terms of our preparation interiorly for Easter?*

SCRIPTURE READING: *Matthew 6:1-6, 16-18*

<http://youtu.be/pYxyWTHO1wM>

REFLECTION

How might I personally practice prayer, fasting and almsgiving in my life during Lent?

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 II – Pandora, the Ancient Greek God

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.

SCRIPTURE READING: Jeremiah 29:11-14

<http://youtu.be/0UpZKKwOzpM>

REFLECTION

What keeps me from being hopeful in my life at this time?
What can I do about it?

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words or your own

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me and bid me come to you
That with your saints I may praise you
Forever and ever.
Amen.

SESSION III – *Heaven*

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.

SCRIPTURE READING: Matthew 25:31-46

<http://youtu.be/8N2grBHQ5I0>

REFLECTION

What does heaven mean to you?
Do you choose to live in hope or despair?

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.