

Hark: *Making Hope Real*

1. **Hark:** Notice what you are noticing. As we begin this retreat, where do you notice the “groaning” of creation like St. Ignatius invites us to imagine the Trinity seeing as they looked down on the world?
 - In your own life?
 - In a loved one’s life?
 - In the world?

2. **Two Rails:** Call to mind the image of the two rails.
How does this image apply to your own life right now? Notice what God brings to mind as you reflect on this image. Can you see only one rail? Are you able to name both rails in your life?
 - **Rail #1** (Where do you see the suffering of world, sorrow, pain, hopelessness, darkness, etc.?)
 - **Rail #2** (Where do you see the goodness of the world, God’s work in the world, light, hope, etc.?)
 - **Crossbeams** (What elements of your faith life, relationships, etc. do you feel help you connect the two rails together?)

3. **Scriptures for Prayer:** Pick ONE scripture to pray with right now. Consider using the remaining ones in your prayer time in the weeks ahead.
 - Matthew 14: 13-21// Loaves & Fishes
 - Hebrews 6: 17-19// Hold fast to hope, an anchor of our soul
 - Mark 10: 46-52// What do you want me to do for you?
 - John 5: 1-18// Do you want to be made well?
 - Ps 136// His love endures forever



Open & Pray: *Making Hope Real*

- **Open:** St. Ignatius' Wisdom for when we feel stuck or in darkness:
 4. Do not keep it secret.
 5. Cry out to God in prayer.
 6. Name it to God and to trusted people in your life.
 7. Work against it by doing things that help you lean into your anchor of hope.
 8. Remember the Holy Spirit's aid. *(Romans 8:22-26//For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees? But if we hope for what we do not see, we wait with endurance. In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.)*

- **Jesus' Model of Prayer in Times of Sorrow:**
 9. Trust God hears us.
 10. Confidence that God has ability to answer our prayers.
 11. Utter dependence on God.
 12. Surrenders to God's will.

- **Triple Colloquy Prayer:** *(Colloquy means an intimate conversation)*
 - Get quiet and still. Begin your prayer.
 - Imagine carrying your baskets of sorrow and baskets of your gifts to Mary. Invite her to pray with you. Offer her your baskets of sorrow and gifts. Invite her to carry them with you and accompany you to her son, Jesus.
 - With Mary, offer your baskets of sorrow and gifts to Jesus. Talk to him about what you are offering him. Listen to his response.
 - Go with Jesus and Mary to stand before God. Imagine all the holy men and women standing with you. Offer your baskets of sorrow and your baskets of your gifts. Pray with these three questions:
 - What have I done for Christ?
 - What am I doing for Christ?
 - What ought I do for Christ?
 - Talk to God. Pause and listen.
 - Close with an Our Father.

- **Scriptures for Support:**
 - Jn 12: 44-50//I came into the world as light
 - Jn 14: 4-6// "I am the way, the truth, and the life."
 - 1 Jn 5// "God is light, and in him there is no darkness at all."
 - Lk 7: 1-6// Mustard Seed
 - Romans 8: 22-26// Holy Spirit aids us in our weakness



Encounter: *Making Hope Real*

- Who have been comforters in your life? How did you experience God's comfort through others?

- How is God inviting you to be a comforter right now? Where is God inviting you to bring the Good News?

- In *Rejoice and Be Glad* Pope Francis writes, "May you come to realize what the word is, the message of Jesus that God wants to speak to the world by your life... Each saint is a mission, planted by the Father to reflect and embody, at a specific moment in history, a certain aspect of the Gospel."
 - What is the message God is inviting you to speak to the world by your life?

 - What certain aspect of the Gospel are you uniquely being invited to reflect in the world today?

- **Scriptures for Support:**
 - Romans 10: 13-17// How beautiful are the feet that bring the Good news
 - Is 52: 7-10// "How beautiful upon the mountains are the ones bringing good news, announcing peace, bearing good news, announcing salvation,
 - Mk 16: 14-18// Go tell the Good News



The Four Steps of Discernment

Step 1: Pray

- What decision are you facing that you feel God is inviting you to discern?
- Spend time in prayer about this decision trusting that you are not alone in this discernment process.
- Capture the thoughts, feelings, concerns, excitement you feel as you pray about this decision.
- Who needs to join you on your discernment journey? A spiritual director? A trusted friend? A spouse? A parent? A mentor?

Step 2: Gather Data

- *Mode 1*: Start with the facts. What do you know about your choices at this point?
- *Mode 2*: Where do you feel the consolation about your decision? Where do you feel desolation?
- *Mode 3*: If there is no clear choice after praying with the movements of consolation and desolation, pick one of the tools to help you discern now and spend time working with this tool in prayer. Capture what arises in prayer as you use one of these tools.
 - o Make a Pro/Con List
 - o Act as if you made the decision and ponder the outcomes
 - o Act as if a friend came to you seeking advice for your similar situation. What advice would you give them?
 - o Pondering the situation at your death

Step 3: Come to a Decision

- Do you feel ready to make a decision? Or is God inviting you to spend more time in prayer about this decision?

- If you feel it is time to act, what is God inviting you to do?

- Internally commit to the decision and check the fruits.

Step 4: Act

- What action steps is God inviting you to take?

- Live into your decision. Continue to check the fruits! What are the fruits of your decision?



Scriptures for the Promises of God

Jesus Invites Us into Relationship

- John 14: 4-6// *I am the way, the truth, and the life*
- John 10:1-10// *The Good Shepherd*
- John 13:15// *I have set an example that you should do as I have done*
- Ephesians 4: 32-5:8 // *Be imitators of Christ*
- Luke 9: 57-62// *Follow me*
- Ephesians 12: 1-14// *You were also chosen*
- Isaiah 6: 1-13// *Here I am send me!*
- Matthew 12:49-50// *For whoever does the will of my heavenly Father is my brother, and sister and mother*

There is Rest for the Weary:

- Ezekiel 37: 1-14// *Valley of the Dry Bones*
- Isaiah 58: 9-11// *The Lord will guide you always and satisfy your thirst in parched places*
- Jeremiah 17: 5-8// *Blessed is the one whose hope is the Lord. He is like a tree planted beside the waters*
- Psalm 1: 1-6// *Blessed are they who hope in the Lord; He like a tree planted running water*
- Psalm 63:2-9// *For my soul is thirsting. For you my flesh is pining, like a dry, weary land without water*
- Matthew 11: 28-30// *Come to me all who are weary, and I will give you rest*
- Psalm 131// *Rest in God like a child*

We Can Find Shelter and Intimacy

- John 10:10// *Promise of Abundant Life*
- Ephesians 3:14-21// *He may fulfill us*
- Luke 1: 46-56// *Mary's soul proclaims of the goodness of the Lord*
- Luke 1: 67-80// *Zechariah's canticle of God's promises*
- Philippians 4: 4-9// *Rejoice, the Lord is near*
- Psalm 96// *Sing to the Lord a New Song*
- John 20// *Resurrection of Jesus*
- Luke 24// *Road to Emmaus*
- 1 Thessalonians 5: 16-18// *In all circumstances give thanks, for this is the will of God for you in Christ Jesus*
- Romans 15: 13//*May the God of hope fill you with all joy and peace in believing*

We Are Never Alone:

- Psalm 62// *In God alone is my soul at rest*
- Psalm 46: 10// *Be still and know that I am God*
- Ephesians 2: 12-22// *For he is our Peace*
- Psalm 63// *Our Longing for God*
- John 14: 18// *I will not leave you orphaned; promise of the Advocate, the Holy Spirit*

We Belong to Someone:

- Matthew 12:49-50// *You are my brothers and sisters*
- Galatians 3: 22-29// *Children of God in Christ Jesus... you belong to Christ*
- Psalm 100// *Know that the Lord is God whom us, to whom we belong. We are God's people*
- Hebrews 2:5-13// *Jesus, our brother*

We are Loved- Unconditionally:

- Psalm 139// *Psalm of God's Unconditional Love*
- Isaiah 45// *Potter and the Clay*
- Jeremiah 18// *Potter and the Clay*
- Luke 3: 21-22// *You are my beloved son in whom I am well pleased. (Jesus' baptism)*
- Isaiah 43// *You are precious to me*
- Ephesians 3: 14-21// *Grounded in love*
- 1 John 2: 3-11- *The love of God is perfected*
- John 10: 1-10// *I came that you might have life and have it more abundantly. (The Good shepherd)*
- Matthew 6: 25-34// *Consider the sparrows*
- Hosea 11: 1-14// *Carried me through infancy*
- Psalm 103// *Psalm of God's creation*
- Luke 4// *Spirit of the Lord is upon me*
- Isaiah 49// *Does a woman forget her child? Nor will I forget you*
- Romans 8: 31-39// *The love of God*

We are Seen Fully- and Offered Mercy:

- Psalm 136// *His love and mercy endure forever*
- Luke 13:10-17// *Healing of the woman crippled for 18 years*
- Mark 2: 2-9// *Healing of the paralyzed man on the mat*
- John 5: 1-18// *Do you want to be made well?*
- Mark 3: 1-6// *Healing of the man with the withered hand*
- Deuteronomy 30:15-20// *Choose life or death*
- John 20// *Doubting Thomas*
- Psalm 23// *The Lord is my Shepherd*
- Revelation 21: 1-7// *New Heaven and New Earth*
- Matthew 26: 6-13// *Woman and alabaster jar*
- Psalm 32// *David's psalm of remission*
- John 4: 4-42// *Woman at well*
- Mark 10: 46-52// *Blind man on road to Jericho*
- Mark 4: 25-34// *Hemorrhaging woman*

We have a Companion in Our Suffering:

- 1 John 5// *In him no darkness at all*
- Ephesians 4: 32-5:8// *You were once darkness, but now you are light*
- Psalm 27// *The Lord is my light and my salvation*
- John 1: 1-18// *I came to testify to the light*
- Colossians 1: 12-13// *Inherit light*

Each of Us Has a Unique Call:

- Romans 11: 29// *The Gifts and calls from God are irrevocable*
- 1 Corinthians 12// *Different Gift*
- Romans 10: 10-17// *How beautiful feet that bring the Good News*
- Ephesians 2:1-10// *We are the handiwork of God created for good works*
- 2 Corinthians 6: 46// *We are ministers of God*
- Jeremiah 29: 11-13// *For I know plans I have for you*
- Ezekiel 37: 14// *I planted my heart within you*
- Exodus 3: 1-10// *Here I am!*
- Matthew 28: 16-20// *I make you disciples*
- John 21: 19-20// *Feed my Sheep*

Reasons for Our Hope

- Hebrews 6: 19// *We have this hope an anchor for our soul*
- Luke 17: 1-6// *The Mustard seed*
- 1 John 5 // *In him no darkness*
- Hebrews 10:19-25// *He who has made promise is trustworthy*
- Isaiah 42: 14-16// *These are my promises*
- 1 John 1: 5-2:2// *Faith is victory over world*
- Isaiah 43// *Do not fear*

