

**A St. Austin Parish Mission**

**“Healing & Hope”  
with  
Fr. Steven Bell, CSP**

**October 22-24, 2018**

**Evening #3  
Healing & Hope  
WHILE ON THIS JOURNEY OF HEALING & HOPE**



**ST. AUSTIN  
CATHOLIC PARISH**  
SERVED BY THE PAULIST FATHERS



# HEALING & HOPE: WHILE ON THIS JOURNEY OF HEALING AND HOPE

WEDNESDAY, OCTOBER 24, 2018

## ORDER OF SERVICE

**OPENING SONG**  
**WELCOMING**  
**OPENING PRAYER**

**SCRIPTURE READING: ISAIAH 40: 28-31**  
**MISSION TALK: THE JOURNEY OF HEALING**

**MISSION CHALLENGE**

**ANNOUNCEMENTS**

**CLOSING PRAYER/FELLOWSHIP BLESSING**  
**CLOSING SONG**  
**FELLOWSHIP, REFRESHMENTS AND DISCUSSION**

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### **READINGS:**

#### ***Psalm 139:13-16***

“Lord, you formed my inmost being; you knit me in my mother’s womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know. My bones are not hidden from you. When I was being made in secret, fashioned in the depths of the earth. <sup>[a]</sup> Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be.”

#### ***Matthew 5:13-16***

“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. <sup>[a]</sup> You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

## IDEAS FOR BEING A GAME CHANGER

### **SELF: Psalm 139:1-17**

1. What is our loving God seeing in you?
2. What daily affirmation about yourself can you begin to make?
3. Who is your prayer partner on this journey?
4. What short-term goal can you make to improve your relationship with yourself?
5. How will you nourish yourself with healthy enrichment for your mind, body, and soul?

### **HEALING FROM HURTS: Isaiah 40:28-31, Matthew 11:28-29**

1. Who are your companions on this journey of healing?
2. What spiritual, psychological, and emotional resources are you using?
3. What words or phrases will begin to change your interior dialogue?
4. Has God heard everything about this situation from you? Thoughts, feelings, etc.?
5. What new disciplines will you need to begin to practice to redirect yourself to God, reclaim your story, and remember who you are and whose you are?

### **REDIRECTING FROM WRATH, FEAR, and/or DESPAIR: Luke 12:22-34**

1. Who are your prayer partners with whom you can be open, honest, and prayerful?
2. What spiritual, psychological, and emotional resources are you using?
3. Serve by engaging in work and act for mercy and justice.
4. As you progress in your redirection, share your story, witness, or testimony of healing and hope.
5. Do daily gratitude work? What are you thankful for? Why are you thankful for it? What does this teach you about God, yourself, others, the world?

### **DEALING WITH THE PROBLEMS OF THE WORLD: Matthew 10:16-33, James 1:1-27**

- 1) You will first react! That's okay. Just remember also to breathe before responding.
- 2) Pray for the situation that concerns you, then pray for those affected, then pray for yourself.
- 3) Dialog with your prayer partner about your hopes, fears, frustrations, and the need for understanding.
- 4) Maintain conscientious respect of dignity when thinking and speaking about others.
- 5) Keep mindful of who you are and whose you are by refraining from being manipulated by the difficult words or actions of other people by praying for them and yourself.

### **DEALING WITH DIFFICULT PEOPLE: John 14:27**

- 1) Start and end with prayer.
- 2) Be clear about your intentions and the person that you wish to be.
- 3) Search for understanding and meaning instead of rushing to a solution or judgment.
- 4) Be fearlessly kind and present. Avoid "hit and run" commentary and belittling when correcting.
- 5) Compliment rather than criticize; challenge constructively, not critically.

