

A St. Austin Parish Mission

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

October 22-24, 2018



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



HEALING & HOPE: IS NOW THE TIME?

MONDAY, OCTOBER 22, 201

ORDER OF SERVICE

1. Opening Song
 2. Welcoming
 3. Opening Prayer
 4. Scripture Reading: Romans 5:1-6
 5. Mission Talk
 6. Mission Challenge
 7. Announcements
 8. Closing Prayer/Fellowship Blessing
 9. Closing Song
 10. Fellowship, Refreshments & Discussion
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HOW OPEN AND READY ARE YOU FOR TRUE HEALING?

MISSION EXERCISE —TAKE 30-60 MINUTES

1. BECOME AWARE OF CHRIST'S PRESENCE.

- Take a deep breath. Close your eyes. Pray the Lord's Prayer.
- Consider that our faith proclaims that Christ is *always* with us.
- Remember moments when you were certain that Christ was present with you.
- Sit silently for a while to better "tune in" to the fact that Christ IS with you.

2. REVIEW WITH A GOOD DOSE OF GRATITUDE.

- Say (or write) people, events, or anything for which you are grateful.
- Say (or write) why you are grateful for what you've just mentioned (how have they benefitted your life, your faith, your spirituality, your recognition of God's providence, your relationship with yourself, your relationship with others, etc.)
- Make a brief prayer of thanksgiving to God based on what you've said (or written).

3. READ PROVERBS 3:1-8 THREE TIMES THROUGH.

"My child, do not forget my teaching, take to heart my commands. For many days, and years of life, and peace, will they bring you. Do not let love and fidelity forsake you; bind them around your neck; write them on the tablet of your heart. Then will you win favor and esteem before God and human beings. Trust in the LORD with all your heart, on your own intelligence do not rely. In all your ways be mindful of him, and he will make straight your paths. Do not be wise in your own eyes, fear the LORD and turn away from evil. This will mean health for your flesh and vigor for your bones."

- What are your thoughts and insights as you read this scripture?
- What are your questions and doubts as you read this scripture?
- What do you make of "Do not let love and fidelity forsake you?"
- What do you make of "Do not be wise in your own eyes, fear the LORD?"
- What words or phrases are your affirmations from this scripture?
- What words or phrases are your challenges from this scripture?

4. READ JAMES 5:13-18 THREE TIMES THROUGH.

"Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint him with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has

committed any sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful. Elijah was a human being like us; yet he prayed earnestly that it might not rain, and for three years and six months it did not rain upon the land. Then he prayed again, and the sky gave rain and the earth produced its fruit.”

- **What are your thoughts and insights as you read this scripture?**
- **What are your questions and doubts as you read this scripture?**
- **What do you make of the emphasis on community in this scripture?**
- **What do you think about Elijah’s example (whole story is in 1 Kings 17-18)?**
- **What words or phrases are your affirmations from this scripture?**
- **What words or phrases are your challenges from this scripture?**

5. READ MATTHEW 11:28-30 THREE TIMES THROUGH.

“Jesus said, “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

- **What are your thoughts and insights as you read this scripture?**
- **What are your questions and doubts as you read this scripture?**
- **What do you think about the fact that Jesus was offering solace to those who felt overwhelmed by the laws and social standards of their day?**
- **What do you make of “take my yoke upon you and learn from me?”**
- **What words or phrases are your affirmations from this scripture?**
- **What words or phrases are your challenges from this scripture?**

6. HAVE A LITTLE TALK WITH JESUS.

Remember that Christ is still with you because He loves you very much. Moreover, when we consider how Scripture shows the rants and raves as well as the adorations and praises of generations past, Christ is willing and able to handle anything that we are ready to share with Him. The more we share with Christ, the more doors are open to our inner hearts and souls that Christ can enter, take up residence, and bring His gifts of grace and peace.

- **What do you need to tell Christ? What deep feelings, thoughts, anguishes, and thanksgivings do you need to share with Christ?**
- **What are the questions, reservations, doubts, and uncertainties that are on your heart and mind?**
- **Take some time (at least 5-10 minutes) to open up honestly, forthrightly, and courageously to Christ in prayer.**

7. ATTUNE YOUR SPIRITUAL ANTENNAE.

- **Keep your eyes, ears, mind, and heart open to how God (and God’s people) might be responding to your prayers.**
- **Look for the ways that Christ shows up in your life.**
- **Record the insights you gain during the day and during the next night of the mission.**

