

**A St. Austin Parish Mission**

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

**October 22-24, 2018**

**Evening #2  
HEALING & HOPE: WRATH, FEAR, & DESPAIR**



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



# HEALING & HOPE: WRATH, FEAR, & DESPAIR

## TUESDAY, OCTOBER 23, 2018

### ORDER OF SERVICE

1. OPENING SONG
2. WELCOMING
3. OPENING PRAYER
  
4. SCRIPTURE READING: MATTHEW 5:21-26
5. MISSION TALK PART 1 – ANGER
  
6. SCRIPTURE READING: PSALM 27:1-14
7. MISSION TALK PART 2 – FEAR
  
8. SCRIPTURE READING: LAMENTATIONS 3:1-57
9. MISSION TALK PART 3 – DESPAIR
  
10. MISSION CHALLENGE
  
11. ANNOUNCEMENTS
  
12. CLOSING PRAYER/FELLOWSHIP BLESSING
13. CLOSING SONG
14. FELLOWSHIP REFRESHMENTS AND DISCUSSION IN HECKER HALL

---

#### MISSION EXERCISE (TAKE 30-60 MINUTES TO DO THIS) “DEALING WITH THE THREATS”

*Luke 6:37-42 –*

“Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.- Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

And he told them a parable, “Can a blind person guide a blind person? Will not both fall into a pit? No disciple is superior to the teacher; but when fully trained, every disciple will be like his teacher.

Why do you notice the splinter in your brother’s eye, but do not perceive the wooden beam in your own?

How can you say to your brother or sister, ‘Let me remove that splinter in your eye,’ when you do not even notice the wooden beam in your own eye? For, that is being a hypocrite.

Remove the wooden beam from your eye first; then you will see clearly to remove the splinter in your eyes of others.”

## A FAITH-HEALING REMEDY

- 1) Get a Prayer Partner.
- 2) Get comfortable and take a few breaths together.
- 3) Together, pray an Our Father or a prayer from your heart.
- 4) Read a Scripture together:
  - a. **ANGER**: Ephesians 4:25-32 or Romans 12:9-21 or Matthew 5:13-16.
  - b. **FEAR**: 2 Timothy 1:6-8 or Psalms 27:1-6 or Isaiah 41:10-13
  - c. **WORRY**: Philippians 4:4-9 or Matthew 6:25-34 or Psalms 46:1-12
  - d. **SADNESS**: 1 Peter 5:6-11 or Psalm 23:1-6 or Matthew 5:1-16
- 5) Talk about it. What happened? How have you been feeling about the situation lately? What do you think about when the situation comes to mind? What you feel you need?
- 6) Together, pray for yourself:
  - a. **ANGER**: for peace of heart and strength to not be overcome by anger
  - b. **FEAR**: for wisdom and the courage to shine as a child of the light.
  - c. **WORRY**: for hope and the reassurance that God is with you.
  - d. **SADNESS**: for care and the consolation of joy.
- 7) Together make an honest prayer for the situation:
  - a. **ANGER**: pray for the offense and the offenders.
  - b. **FEAR**: pray to reduce the influence of the darkness and the weakness.
  - c. **WORRY**: pray for the situation and the people involved.
  - d. **SADNESS**: pray for love and the people involved.
- 8) Talk about small, doable, timely things you can do to pursue along with a possible timeline for completion:
  - a. **Self-care** – what will you need to ensure that you are safe and stable?
  - b. **Healthiness** – what can you do to foster your wellbeing?
  - c. **Righteousness** – what can you do to further the message of the Jesus Christ?
  - d. **Justice** – what can you do to promote the life, dignity, and respect of others?
  - e. **Peace** – what can you do to inspire unity, harmony, and understanding?
  - f. **Reconciliation** – how can you set a table for forgiveness to occur?
- 9) Devise a plan for accountability and for emergencies (just in case).
- 10) Close with an Our Father, Hail Mary, and Glory Be.

