

# Mother of God

“Jesus Christ is not known as He ought to be because Mary has been up to this time unknown” - St. Louis De Montfort

Mary was the first believer in Our Lord and the prime example of a follower of Christ. All graces pass from Christ, to Mary, to the Soul. Indeed without Mary’s “yes” the Incarnation and salvation would have been impossible. The Mother has a deep insight into her divine Son.



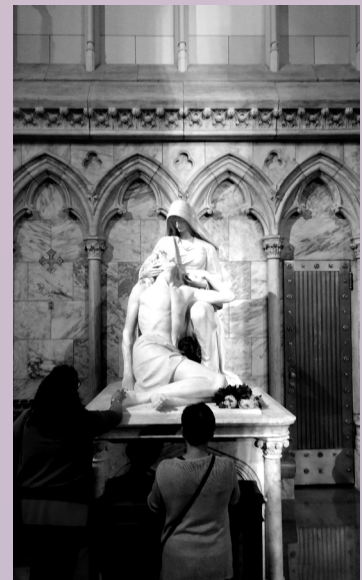
## Read:

- Genesis 3
- 1 Samuel 2:1-10 & Judith 16
- Luke 1:39-56 “Magnificat”
- John 2:1-12

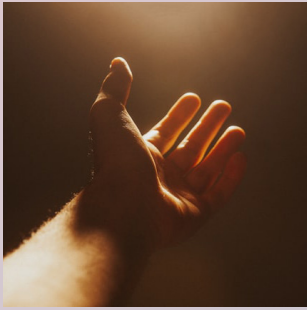
What similarities do you see between Hannah’s and Judith’s Prayer and Mary’s? What does the Magnificat tell us about Mary?

## Pray:

1. We will go over three ways of praying the Rosary. Try each this week. Which style worked best for you?
2. What role does Mary have in your faith life currently? What role would you like her to have?
3. Find an artistic depiction of Mary that speaks to you. Why does this depiction stand out to you? What does it tell us about Our Lady?

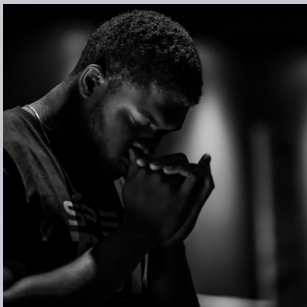


# Examen Journal



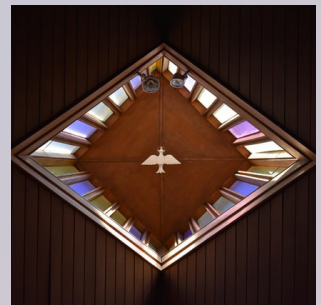
**Grace:** What reminds you of God's Presence? How do you center yourself for prayer?

**Gratitude:** List three blessings you have received from God this day.



**Spirits:** Do you feel consolation or desolation today? What is today's main sources of joy and difficulty?

**Today:** Ask the Spirit to lead you to a moment from today. Why is this moment important?



**Tomorrow:** Is there anything you need the grace to do better tomorrow? Where do you need God tomorrow?

# The Dharma Wheel

“From craving comes grief . . . fear. If you’re freed from craving; You’ll have no grief, let alone fear.” - *Dhammapada*

Buddhism is often misunderstood by the West - due to both a mistrust of other cultures, and attempts to appropriate without understanding. Buddhism can seem confusing with such ideas such as “Nonself” and “Emptiness”. Nonetheless for millions these teachings guide their everyday life.

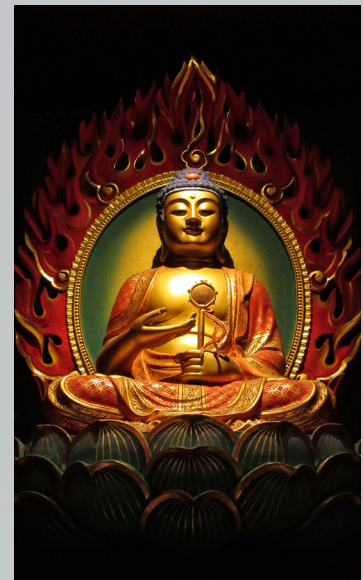


## Read:

- Luke 15:11-32 - Parable of the Prodigal Son
- *Lotus Sutra* - “Parable of the Wise Father” p 141-157
- “Sermon at Deer Park”
- “The Five Aggregates” (Handouts)

## Discuss:

1. What similarities and differences do you see between Christ’s Parable of the Prodigal Son and the Buddhist Parable of the Wise Father? What do these similarities and differences reveal about how Christianity and Buddhism approach the inner life?
2. What is the meaning of “Nonself” and “Emptiness”? In what ways do you find these liberating? Not liberating? How do these teachings compare to the idea of a soul?



# “Lord Teach us to Pray”

“Pour forth your brilliance upon my dense intellect . . .”  
- Prayer of Aquinas

“We need to pray to God, not in order to make known to Him our needs or desires but that we ourselves may be reminded of the necessity of having recourse to God’s help in these matters.” - St. Thomas Aquinas, Doctor of the Church



## Read:

- Exodus 15:1-21 - Prayer of Moses
- Psalm 23 - The Lord is my Shepherd
- Jeremiah 20:1-18 - Jeremiah’s Interior Crisis
- Luke 11:1-13 & 18:1-17 - Christ on Prayer

## Pray:

1. How open are you in your prayers to God? What do you think of Jeremiah’s openness?
2. Pick a petition of the Our Father. What does this petition mean to you, right now, at this time in your life?
3. Write a psalm that begins “The Lord is my \_\_\_\_”. Describe God in the psalm in terms of this metaphor.
4. Pray the Examen of Ignatius each day this week. What did this prayer help you notice?

