



Dare to be Who God Created You to Be

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate daring to be who God created us to be.*

INTRODUCE TOPIC & SCRIPTURE (2 Timothy 1 6:7) **"For this reason, I remind you to stir into flame the gift of God...For God did not give us a spirit of cowardice but rather of power and love and self-control."**

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE (from Psalm 30) ***Let my heart take courage, for I hope in You, Lord.***

MEDITATION "The Irish playwright and poet Oscar Wilde, wrote: "To live is the rarest thing in the world. Most people exist, that is all." As Wilde observed, many people simply manage to "get through life. To "live" as Wilde suggests, is to realize the full potential of who we are and to overcome the fears that prevent us from being who we are created to be and live the life we are created to live. The truth is that God created us; and God created us for a purpose. The very reason for being is to be loved by God and to love God. This is our purpose and meaning for existing... We are created, in our very nature, our very DNA, our very being, and our reason for being, is to be loved by God and to love God. When we do this, we will truly know what life is meant to be about, what life truly is, who we truly are. When we live like this, we will manifest or show forth our true self.

[God] shows forth His true self when He became man – a God who is willing to become a creature (child) in order to save the children He loves. The proper response to this love of God is to dare to be who God created us to be and live as He created us to live. When we dare to be who God wants us to be, we are making present in the world a gift from God, we are fulfilling our purpose, we are manifesting something God wants to reveal. "To live is the rarest thing in the world. Most people exist, that is all." Life is too short to simply just exist – dare to live – dare to be who God created you to be."³

RESOLUTION (Re-read Scripture.) Saint Catherine of Sienna said, "Be who God created you to be and you will set the world on fire. Do you ever wish you were someone else or lived a different life? God created you for a unique purpose. Spend some time with Him now and ask Him to stir into flame the gift of God within you. Come Holy Spirit

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of the Word Incarnate: **pray for us**; St. Joseph: **pray for us**; saint of the day: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Ben O'Cinnsealaigh, Pastor of Our Lady of Victory Parish, Cincinnati, OH, Fr. Ben's Column for the week of January 3, 2020

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

