



# Love

**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."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate Love.*

**INTRODUCE TOPIC & SCRIPTURE** Psalm 63:1 *"O God, You are my God, for You I long; for You my soul is thirsting."*

## BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE (Psalm 18:2)** *"I love you, O Lord, my strength."*

**MEDITATION** "Faith makes us adhere to God by means of knowledge; hence, it is especially related to our intellect. Hope makes us adhere to God by the conviction that we will one day possess Him in Heaven, and therefore, it is related to our desire for happiness. But charity seizes our entire being, and by means of love, casts it into God... St. Thomas Aquinas says: 'Charity makes man tend to God by uniting his affection to God in such a way that man no longer lives for himself, but for God'.<sup>3</sup>

"... when we have achieved our goal of being united in Heaven with God, faith and hope go away, but the virtue of love remains, for God is Love. Possession of God is possession of Love... this Love, this supernatural virtue, is love of God for His own sake, and is beyond our nature. We need a special virtue infused by God to enable us to love Him as He should be loved. Think of what this is telling us. We cannot love God as we must...unless God has entered our life, for we must receive this supernatural Love from God in order to use it to love Him in return."<sup>4</sup> "... frequently contemplating the extent of God's love for us does great good to the soul... When we contemplate the love of God, love is roused in us and awakens us to a greater love...we must be truly convinced of this spiritual reality."<sup>5</sup>

**RESOLUTION** (Re-read Scripture.) St. John of the Cross writes: "Lord, you want the fire of our love to burn until we are set alight, until all that we are is consumed in its flame, so that we become transformed into You, our God. You blow upon that flame with the graces which Your life has won for us, and You enkindle it with the Death You endured for us." Let us ask ourselves in the intimacy of our prayer: Does my love for God burn in that way?<sup>6</sup>

*My Lord Jesus, teach me to love as you do.*

**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 we do glorify You. Mary, Mother of Love: **pray for us**; St. Joseph: **pray for us**; St. Thomas: **pray for us**. St. John of the Cross: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. Gabriel of St. Mary Magdalen, O.C.D., *Divine Intimacy*, 250.1 published by **Baronius Press**. Used with permission.

<sup>4</sup> James H. Dobbins, *The Theological Virtues*, <http://www.therealpresence.org/eucharst/misc/virtues.html> Used with permission

<sup>5</sup> Francis Fernandez, *In Conversation With God*, Vol. 3, 62.3. Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

<sup>6</sup> Francis Fernandez, *In Conversation With God*, Vol. 3, 62.2. Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

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

