



Pursuing Holiness

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 You.² Have mercy on us, and be with us today as we contemplate the pursuit of holiness.

INTRODUCE TOPIC & SCRIPTURE **Mark 12** “You shall love the Lord our God with all your heart, with all your soul, with all your mind, and with all your strength.’ ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE **Psalm 77:14a** “O God, your way is holy.”

MEDITATION As we desire and pursue holiness, “we need to practice gentleness toward ourselves so as not to get discouraged and condemn ourselves when faced with our weakness while also nurturing a great desire for holiness. But not a desire for extraordinary perfection. Holiness is different; it is a real desire to love God and our neighbor... St. Therese of Lisieux used to say, ‘I don’t want to be a half-saint.’ You can’t love God with only fifty percent of your heart.”³ You have to love Him with all your heart, soul, mind, and strength, and you must love your neighbor as yourself. “This is what we should aspire to, not placing our trust in ourselves, but relying on God’s grace.”⁴

What is our greatest desire? If it is holiness, then “God will be truly present in our lives and we will be able to rely on his grace. He will be with us in all things. Nothing will ever be able to separate us from him.”⁵

RESOLUTION (Re-read Scripture.) “What do we truly aspire to? To love God and neighbor, to live the Gospel message fully? Or less important things that can’t really make us happy?... Let’s ask the Holy Spirit to help us harmonize a real desire for holiness, the firm determination to experience ongoing conversion with humility, and the peaceful acceptance of our limitations and weaknesses.”⁶

Lord, help us as we strive toward holiness.

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, Most Holy: **pray for us**; St. Joseph: **pray for us**; St. Therese (or 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 Phillippe, Jacques. The Way of Trust and Love. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁴ Ibid.

⁵ Ibid.

⁶ Ibid.

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

