



Heavenly Treasure

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 think about heavenly treasure.*

INTRODUCE TOPIC & SCRIPTURE: Matthew 6:20-21 *"But store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal. For where your treasure is, there also will your heart be."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE Based on Psalm 57:12a ***"Be exalted above the heavens, O God."***

MEDITATION: "Some years ago (a) cloister of Carmelite nuns was opened to the public...Many curious people poured in to see those women who led a life of silence, prayer, and penance. One man who could not understand their life called the attention of a young and beautiful nun to the finest residence in the city which stood on the opposite hill. He said to her, 'Sister, if you could have had that home, with all the wealth, luxury and pleasure that went with it, would you have left it to enter the Carmelites?' She answered, 'Sir, that was my home.'³ This woman knew the value of heavenly treasures.

There are many ways to store up heavenly treasures. One way is by giving and sharing material goods. "Giving is really a divinely appointed way of acknowledging the mercies of God. We have indeed nothing to offer anyway that we have not received."⁴ In giving, we help others, but we also help ourselves to love the things of God more than we love the things of this world. Most importantly, we should spiritually give everything we have to Him. When all of our joy, our delight, and hope, and our trust are placed in Him, it is then that our treasure will truly last forever.

RESOLUTION: (Re-read Scripture.) In these next few quiet moments, think about treasures. Things, people, ideas, virtues, God... what do I treasure the most? What do I think about? What consumes my efforts?

Lord, open my eyes, that I might value things 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. Mary, Queen of Heaven, **pray for us**; St. Joseph: **pray for us**; St. Peter (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 Fulton J. Sheen, *Way to Happiness*. Alba House, 1998. Part 31: *How to Give*

⁴ Fulton J. Sheen, *Way to Happiness*. Alba House, 1998. Part 29: *Better to Give Than Receive*

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

