



# Goodness

**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 goodness.

**INTRODUCE TOPIC & SCRIPTURE** **Psalms 23:6** “Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days.”

## BREATH-WORK & GRATEFULNESS

**BODILY PRAYER VERSE** Based on Psalm 23:6 “Lord, may Your goodness and mercy follow me all the days of my life.”

**MEDITATION** Out of all the descriptors He could have chosen, when God created the world and man, He called them ‘good’. Indeed, everything God does is infused with His goodness. The Church recognizes “the creative action of the Holy Spirit, the ‘giver of life’ (as) the ‘source of every good.’”<sup>3</sup> God is not only the source of all goodness, but he is goodness itself. Out of his love for us, he provides us with every good thing: clothing, shelter, friendships, faith, family, our guardian angel, even his own Blessed Mother. He has given us mercy, salvation, and eternal life in him. St. Paul of the Cross advises, “Let us throw ourselves into the ocean of His goodness where every failing will be canceled and anxiety turned into love.”<sup>4</sup>

Having been made in His holy image, God calls each of us to reflect his goodness. We must also give mercy, love, protection, and provision to those in our midst. We must set a “good example in private and public life, prayer, friendship, nobility... sharing other people’s concerns, (and) showing an authentic desire for happiness...”<sup>5</sup> Ultimately, we have to champion the fact that there is no goodness, “no peace for the individual, the family, or society, in abstraction from God.”<sup>6</sup>

**RESOLUTION** (Re-read Scripture.) All goodness in my life comes from God, who is goodness. What incredible blessings do I need to be more thankful for? How can I share these ‘goods,’ these great gifts from God, with my family, friends, and society? Holy Spirit, come.

*Holy Mary, Mother of Goodness, pray that I may seek, know, and proclaim the goodness of God.*

**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, All Good: **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.

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

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

<sup>3</sup> The Catechism of the Catholic Church, 291

<sup>4</sup> <http://www.catholicbible101.com/quotesfromthesaints.htm>

<sup>5</sup> In Conversation with God, by Francis Fernandez. Vol. 3:53.2. Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

<sup>6</sup> Ibid.

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

