

God as our Focal Point

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 having God as our focal point.*

INTRODUCE TOPIC & SCRIPTURE: Colossians 3:1-2 "Seek what is above, where Christ is seated at the right hand of God. Think of what is above, not of what is on earth."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: (Psalm 123) "To You I raise my eyes, to You enthroned in Heaven."

MEDITATION: "Is God the primary person you are listening to each day? If the world becomes overwhelming, focus on God and the rest becomes simple. Imagine a painting with too many subjects. It's full of random objects, maybe there are too many people in the painting, the background is too busy, it has no focal point. It has so many details that it feels like an eye-spy book. When the painting gets cluttered, there's not much you can do to make it easy on the eyes. It's overwhelming to look at and it's straining to make sense of. That's why the most important thing in a painting or photo is a clear focal point, a single subject that draws the eye more than any other.

When God is the focal point of our lives, then the clutter goes away. Now the details don't feel overwhelming because they don't demand your attention, you're looking at the center of the painting, God, and everything else is only there to compliment his Presence. Adding a main subject or focal point doesn't detract from the painting, it doesn't destroy the need for those details, but rather, brings out the beauty in every part of the painting. But without God you just have a mess. Moreover, if you don't make time for God, at first you might look at this painting which has no main subject and say, "I don't know what could possibly be missing. There's already so much going on in the picture, there isn't even room for anything else. How could I fit in another detail, let alone a whole other person?" - But remember, God reorders everything. With Him, everything falls into place. That painting in which nothing seems to fit, is only overwhelming without a centerpiece to tie it together."³

RESOLUTION: (Re-read Scripture.) It is easy to take our eyes off of God and begin focusing on the things of this world, our situation, or other people "God is the one who is in control of the world. By His Providence He directs everything."⁴ Who do I listen to? Do I allow other people to influence my life who really shouldn't be? *Come Holy Spirit...*

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 the Word Incarnate, **pray for us**; St. Joseph: **pray for us**; St. 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 Holy Family School of Faith, Rosary Meditation for June 6, 2021, Corpus Christi. Used with permission.

⁴ ibid

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

