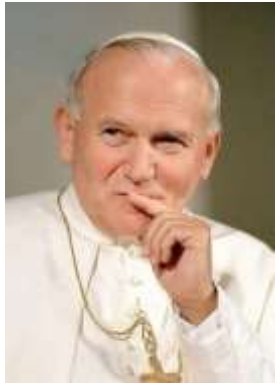


## How to get the most from this prayer time...



This moment of reflection and prayer is a way to take some time out from the business of your day. Make the place you are going to pray be a place of comfort. The suggestion is that you set up a small prayer space, a dedicated space. It will be easier to set time aside every day. Know that you are not alone; Jesus and the Holy Spirit will be there with you, loving you and ministering to you...

When St John Paul II visited Ireland in 1979, he left us wonderful messages through his addresses and homilies. This meditation is from his homily in Galway to the Youth of Ireland and all those present...

The objective of this meditation has three aims...

1. Bite size text to read daily over the week as a way to deepen your relationship with Jesus.
2. Ponderings - to enhance your reading of the text. To extend your prayer on the text.
3. Use the second page to Go DEEPER in to the text. Allow up to 20 minutes.

To get the most out of the text, journal the movements of your thoughts and emotions...

What struck me? How is it impacting me? Do I feel - happy, sad, joyous, challenged...

### Contents

- Meditation Text
- Ponderings ...
- Desire...
- Reflection...
- Dive DEEPER ...
- Prayer & Desire...

### References:

Pope John Paul II, [www.Vatican.va](http://www.Vatican.va)  
Addresses and homilies of Pope John Paul II (copyright) Libreria Editrice Vaticana.

Bible: Good News Bible, The Bible Societies, Collins Fontana

## Meditation Text...

In Christ, for he alone is the measure and the scale that you must use to evaluate your own life. In Christ you will discover the true greatness of your own dignity as human beings '*created to the image and likeness of God*' (Gn1:26)... (JPII,para.4)

Christ has the answers to your questions... He keeps calling you; he keeps inviting you, he who is '*the way, and the truth and the life.*' (Jn14:6) Yes, Christ calls you, but he calls you in truth... (JPII,para.4)

## Ponderings...

These thoughts are suggested to help you to respond to the text. Give yourself 5 - 10 minutes to read and then re-read the text allow time for it to penetrate into your thoughts and heart - stay with a word or phrase. Notice the movements of your spirit, relax God is beside you, His desire is to be your friend - to love you...

- Measure, discover, created...

These words are a different way to look at the journey I am on. How difficult it is to measure up to or to even discover myself. Jesus was so gentle and kind when he met those who were in pain. I am created in God's likeness so therefore I am His.

- The invitation is to me.

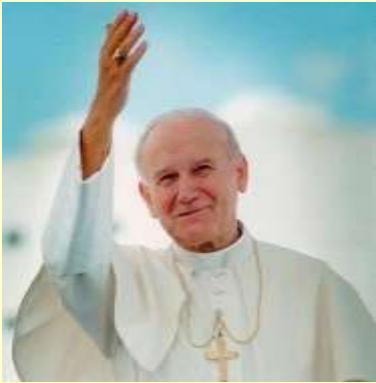
My reaction to searching deep in my heart leaves me feeling....

### Desire:

Be grateful for God's calling and invitation to be with Him.

## Upcoming Meditations

- ◆ Theology of the Body, John Paul II's teaching on the dignity and call to be fully alive in Christ.



St John Paul II ...

*'His call is demanding, for he taught us what it means to be truly human. Without heeding the call of Jesus, it will not be possible to realise the fullness of your own humanity'*

*He keeps calling you;  
he keeps inviting you,  
he who is 'the way,  
and the truth and the  
life.'*

## Meditation Text...

In Christ, for he alone is the measure and the scale that you must use to evaluate your own life. In Christ you will discover the true greatness of your own dignity as human beings 'created to the image and likeness of God' (Gn1:26)... (JP II, para.4)

## Reflection...

I remember the visit well! I went with my father and aunt. The excitement was sparking in anticipation as we waited on the grass at the Ballybrit Racecourse. Listening intently to the chitter chatter of the crowds I hadn't seen so many people before. Then suddenly in the sky we heard the roar of the helicopter and at that moment the crowd spontaneously in a unanimous out breaking of sound shouted - 'Papa, Papa! He's here!' It was amazing I had never felt like this before, I was part of history - the Pope was here on Irish soil! Deep down without realising it fully I knew I would be changed from this day forward.

## Diving deeper...

*'In Christ you will discover the true greatness of your own dignity.'* This is a true statement by John Paul II, why does he remind us of this fact? There is recognition that we often do not think or contemplate this fact. Life goes on and we continue the treadmill of; waking up, eating, going about our business daily, eating, and sleeping. Sometimes we break the daily day with exercise, meeting others, praying. But do we consider this truth? Where do I find my

Christ has the answers to your questions... He keeps calling you; he keeps inviting you, he who is '*the way, and the truth and the life.*' (Jn14:6) Yes, Christ calls you, but he calls you in truth... (JP II, para.4)

His message was given so passionately, thoughtfully and personally to us - it sunk into our souls! He made us remember that God values each person. Why? He said because we are created in His likeness. He created us! Allow that phrase to sink in to the depth of your heart. Created... in His likeness... Today He is calling you... what does this mean to me? How do I hear this message to me? How do I respond? Sometimes the noise inside our heads blocks the gentle voice of our tender God. How can I reclaim the image God sees when He gazes at me? I have forgotten His true image of me. God please give me the ears to hear, the eyes to see the greatness you see in me. Help me to respond.

dignity? Life has a habit of disappearing very fast.

*'He keeps calling you, he keeps inviting you.'* In life do I give time to hear this calling? What things do I need to change in order to hear this calling clearer? God is not found in the noise, He is found in the silent whisper, '*there was the soft whisper of a voice, when Elijah heard it... he went out.*' (1Kings19:12-13) Are you ready to hear and action out His calling?

## Prayer & Desire...

**Prayer of St Patrick of his life, to be the light of Christ.**

May God never permit it to happen to me that I should lose his people that he purchased in the utmost parts of the world. I pray to God to give me perseverance and to deign to be a faithful witness to him to the end of my life of God... From the time I came to

know him in my youth, the love of God and the fear of him have grown in me, and up to now, thanks to the grace of God, I have kept the faith.

*(St Patrick's Confession, 44,58)*

**Desire:**

Be grateful for God's calling and invitation to be with Him.