

LIFE Meeting

That's Prayer Too?

November 7, 2018

1. Opening Prayer

Jamie

2. Icebreaker

3. Transition to Small Groups

4. Prayer Stations

5. Large Group: Wrap Up

6. Closing Prayer

Kaden

- Next Meeting: December 12th – Under Pressure
- Planning Meeting: Wednesday November 28th
 - Food: Graham, Meg, Kelli, Ethan
- Hope Totes Delivery: November 21st in the morning
- Pictures

Text it Battle

How to play the game

- Break up into small groups.
- Every group needs a cell phone.
- Each group sits in a circle.
- On GO, one student at a time types one thing at Gross that they're grateful for in a text (don't yet send it) and then passes the phone to the next player.
- No duplicates within the group.
- Once every player in each group is done, send the message to the game leader.
- The group that gets their text through to the game leader first wins the round.
- The winning team each round gets candy to share
- Play a few rounds.
 - Why they are thankful for their families
 - Why they are thankful for their friends
 - The best thing about Thanksgiving break
 - The different types of prayer
- Each round, individual players have to text something different.
- No repeats.
- **The point:** What a great way to create an attitude of gratitude. Now that we're focused on the things we're thankful for, let's get started!

Opening Prayer

Praying by Kesha

<https://www.youtube.com/watch?v=qKLHx2dZRhk>

Well, you almost had me fooled
Told me that I was nothing without you
Oh, but after everything you've done
I can thank you for how strong I have
become

'Cause you brought the flames and you
put me through hell

I had to learn how to fight for myself

And we both know all the truth I could
tell

I'll just say this is "I wish you farewell"

I hope you're somewhere prayin', prayin'

I hope your soul is changin', changin'

I hope you find your peace

Falling on your knees, prayin'

I'm proud of who I am

No more monsters, I can breathe again

And you said that I was done

Well, you were wrong and now the best
is yet to come

'Cause I can make it on my own, oh

And I don't need you, I found a strength
I've never known

I'll bring thunder, I'll bring rain, oh

When I'm finished, they won't even know
your name

You brought the flames and you put me
through hell

I had to learn how to fight for myself

And we both know all the truth I could
tell

I'll just say this is "I wish you farewell"

I hope you're somewhere prayin', prayin'

I hope your soul is changin', changin'

I hope you find your peace

Falling on your knees, prayin'

Ah sometimes, I pray for you at night, oh

Someday, maybe you'll see the light

Whoa oh oh oh, some say, in life, you're
gonna get what you give

But some things only God can forgive

Yeah! (I hope you're somewhere prayin',
prayin')

I hope your soul is changin', changin'

I hope you find your peace

Falling on your knees, prayin'

Every single person in this room has been through their own personal struggles throughout their lifetime. Not everyone's struggles can be truly 100% understood by another. But there is one person who understands each one of our struggles and is truly there to help, love, and guide us through any trouble we have. And that one person is God. And the easiest way to connect with God is through prayer. Prayer lets us accomplish so many things. We can thank God, ask for help, worship him, or ask for the help of others. But many people think that prayer is saying the rosary everyday, kneeling for 2 hours, or spending all of your free time inside of a church, but that is not the case. Prayer can be as personal as an individual wishes to make it. This meeting is designed to open your eyes to the world of prayer you never knew could be considered prayer. Please open your ears and hearts to God to see which form of prayer He is calling you to connect on a deeper level with him. And as your people let us joyfully proclaim: May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Transition to Small Group

At a Catholic school, many times we can be lazy in our prayers. We rely on our traditional "Hail Mary" and "Our Father" without actually thinking about what we are saying. We don't express these prayers with any feeling or emotion. Additionally, we fail to branch out from these "safe" prayers. There are so many things that we do on a daily basis that can be considered prayer. We ask that you remain open to the different forms of prayer we experience tonight. Lord, guide us through this meeting as we are experiencing new ways to find you. Help us to be open to these new forms of prayer and let us be attentive and willing to let you into our hearts.

Stations Schedule:

Room 205: Art

Leadership Room in Freshman Hallway: Meditation Station

Room 226: Examen

Room 221: Prayer Map

Media Center: Labyrinth

Chapel: Adoration

Times (12 Minutes-ish at each station)

Station 1: 7:00 – 7:12

Station 2: 7:13 – 7:25

Station 3: 7:26 – 7:38

Station 4: 7:39 – 7:51

Station 5: 7:52 – 8:04

Station 6: 8:05 – 8:18

Back to the LIFE room

Prayer through Art

- Play Oceans by Hillsong United in the background(on repeat)
 - Everyone will choose either play-doh or a mandala to color.
 - They will either make something out play doh of what the song makes them think of, or color a mandala with the colors that speak to them as they're listening to the song
 - Then after they're finished, have them explain why they made what they did or why they chose the colors they chose
- Read a Scripture passage: (Romans 8:38-39) *38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* (read 3 or 4x)
 - Same process as above with the song, but switch materials (if they did play-doh the first time, they do mandalas now, etc.)
- Closing/transition prayer
 - Lord, You've never failed us and you won't start now. We know that your love is never ending and that we can always turn to you in our times of need. We pray that you help us to recognize that you are always the source of love in our lives. Amen.

Meditation Station

Meditation Music:

https://youtu.be/0CYm6Gj_Qmw

I want everyone to take a seat and close their eyes. Think and reflect on your day. What were some positives? What were some negatives? What are the things you need to improve? What are things you can offer up to God? Offer anything on your heart up to God.

Alone With God. Prayer, Encouragement, Meditation, and Relaxation Video:

<https://youtu.be/li6DhKUkySc>

Prayer Meditation:

<https://youtu.be/uFvS8KcpBGU>

Dealing with Anxiety and Overcoming it:

https://youtu.be/Y5GELh_3oPY

I will now read you a spin on the St. Francis of Assisi prayer which is mixed with a Buddhist__ prayer. Open your heart and listen to the words you already do know, and the ones you don't.

Lord,
Make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
May I be a safeguard for those who have
no protection,
A guide for those who journey along the
way;
For those who wish to go across the water,
May I be a boat, a raft, a bridge.

May I be a home port for those who yearn
for landfall,
And a lamp for those who long for the light;
For those who are tired, may I be a resting
place,
For all who need help, their servant.
O Divine Master,
Grant that I may not so much seek
To be consoled, as to console;
To be understood, as to understand;
To be loved, as to love.
Like the great earth itself and other eternal
things,
Enduring as the sky itself endures,

For the boundless multitude of living beings,
May I be the ground and vessel of their
lives.

For every single thing that lives,
In number like the boundless reaches of the
sky,

May I be their sustenance and nourishment
Until they pass beyond the bounds of
suffering.

For it is in giving that we receive.

It is in pardoning that we are pardoned.

It is in dying that we are born to Eternal Life.

Amen.

Mad Lib Prayer

Lord, I thank you for _____ (person's name). I pray that he/she can continue to affect my daily life. I pray that I can learn to _____ (something you want to learn) and to _____ (something you want to learn) through you. I pray that you will lead me through tough times and will show me your ways. I pray for _____ (situation) that it may be handled with your love and care. I pray for _____ (person's name) that they may find refuge in you. I pray that my relationship with You can grow stronger through _____ (something your relationship can grow stronger through.) Amen.

Mad Lib Prayer

Lord, I thank you for _____ (person's name). I pray that he/she can continue to affect my daily life. I pray that I can learn to _____ (something you want to learn) and to _____ (something you want to learn) through you. I pray that you will lead me through tough times and will show me your ways. I pray for _____ (situation) that it may be handled with your love and care. I pray for _____

(person's name) that they may find refuge in you. I pray that my relationship with You can grow stronger through _____ (something your relationship can grow stronger through.) Amen.

17-year-old Elkhorn High junior dies in rollover crash at 192nd and Pacific

A junior at Elkhorn High School died Friday morning in a rollover crash in west Omaha.

First responders were called to 192nd and Pacific Streets before 6:40 a.m. Friday. Authorities saw a black vehicle in a ditch on the east side of the road, just south of Pacific.

George I. Gervase, 17, of Omaha, was declared dead at the scene. Officials said he was the lone occupant of the vehicle.

Elkhorn High, which was closed for a teacher in-service Friday, opened its doors from 1 p.m. to 4 p.m. Friday. Counselors were available, said Kara Perchal, a district spokeswoman.

Omaha police said Gervase was driving a 2005 Nissan Altima south on 192nd Street when it crossed into the northbound lane, left the roadway and struck a wooden power pole and fence.

Police closed 192nd from Pacific to Woolworth for several hours while they investigated the crash.

Pittsburgh synagogue shooting leaves 11 dead, 6 wounded

PITTSBURGH — A gunman who's believed to have spewed anti-Semitic slurs and rhetoric on social media barged into a Pittsburgh synagogue on Saturday and opened fire, killing 11 people in one of the deadliest attacks on Jews in U.S. history.

The 20-minute attack at Tree of Life Congregation in the Squirrel Hill neighborhood left six others wounded, including four police officers who dashed to the scene, authorities said.

The suspect, Robert Bowers, traded gunfire with police and was shot several times. Bowers, who was in fair condition at a hospital, was charged late Saturday with 29 federal counts, including hate crimes and weapons offenses. It wasn't immediately known if Bowers had an attorney to speak on his behalf.

"Please know that justice in this case will be swift and it will be severe," Scott Brady, the chief federal prosecutor in western Pennsylvania, said at a news conference, characterizing the slaughter as a "terrible and unspeakable act of hate."

The mass shooting came amid a rash of high-profile attacks in an increasingly divided country, one day after a Florida man was arrested and charged with mailing a series of pipe bombs to prominent Democrats and little more than a week before the midterm elections.

The killings also immediately reignited the longstanding national debate about guns: President Donald Trump said the outcome might have been different if the synagogue "had some kind of protection" from an armed guard, while Pennsylvania's Democratic Gov. Tom Wolf noted that once again "dangerous weapons are putting our citizens in harm's way."

Trump ordered flags at federal buildings throughout the U.S. to be flown at half-staff in "solemn respect" for the shooting victims. He said he planned to travel to Pittsburgh, but offered no details.

Authorities say that just before 10 a.m., Bower entered the large synagogue with an assault-style rifle and three handguns. Three separate congregations were conducting Sabbath services in different areas of the large building, according to Michael Eisenberg, the immediate past president of the Tree of Life. The Pennsylvania attorney general's office said it was told by victims that a brit milah — a ritual circumcision ceremony at which a baby boy also receives his Hebrew name — was also taking place, though law enforcement officials later said no children were among the dead or wounded.

"It is a very horrific crime scene," said a visibly moved Wendell Hissrich, the Pittsburgh public safety director. "It's one of the worst that I've seen."

The survivors included Daniel Leger, 70, a nurse and hospital chaplain who was in critical condition after undergoing surgery, his brother, Paul Leger, told the Pittsburgh Post-Gazette. Daniel Leger was scheduled to lead a service Saturday morning, he said.

The mass shooting raised immediate alarm in Jewish communities around the country. Authorities in New York City, Chicago and elsewhere increased security at Jewish centers.

Bob Jones, head of the FBI's Pittsburgh office, said that worshippers "were brutally murdered by a gunman targeting them simply because of their faith," though he cautioned the shooter's full motive was not yet known.

Bowers, who had no apparent criminal record, expressed virulently anti-Semitic views on a social media site called Gab, according to an Associated Press review of an archived version of the posts made under his name. The cover photo for his account featured a neo-Nazi symbol, and his recent posts included a photo of a fiery oven like those used in Nazi concentration camps used to cremate Jews during World War II.

Other posts referenced false conspiracy theories suggesting the Holocaust — in which an estimated 6 million Jews perished — was a hoax. He wrote of a Jewish "infestation," using a slur for Jews.

Gab confirmed Bowers had a profile on its website, which is popular with far-right extremists.

Before the shooting, the poster believed to be Bowers also wrote that "HIAS likes to bring invaders in that kill our people. I can't sit by and watch my people get slaughtered. Screw your optics, I'm going in."

HIAS is a nonprofit group that helps refugees around the world find safety and freedom. The organization says it is guided by Jewish values and history.

Jonathan Greenblatt, chief executive officer of the Anti-Defamation League, said the group believes Saturday's attack was the deadliest on the Jewish community in U.S. history.

"Our hearts break for the families of those killed and injured at the Tree of Life Synagogue, and for the entire Jewish community of Pittsburgh," Greenblatt said.

Israeli Prime Minister Benjamin Netanyahu said he was "heartbroken and appalled" by the attack.

"The entire people of Israel grieve with the families of the dead," Netanyahu said. "We stand together with the Jewish community of Pittsburgh. We stand together with the American people in the face of this horrendous anti-Semitic brutality. And we all pray for the speedy recovery of the wounded."

Thousands of people, some holding candles, gathered for a vigil in the Squirrel Hill neighborhood on Saturday night in honor of the victims, whose names were not immediately released. A chant of "vote, vote, vote" broke out during the emotional gathering. Some attendees blamed the shooting on the nation's political climate, and said they took little solace in the planned visit by Trump.

At a political rally in Murphysboro, Illinois, Trump said "the evil anti-Semitic attack is an assault on all of us."

The president — who, at times, has been accused by critics of failing to adequately condemn hate, such as when he blamed "both sides" for the violence at a Charlottesville, Virginia, white supremacist rally in 2017 — said that anti-Semitism must be "confronted and condemned everywhere it rears its very ugly head." He called for the imposition of the death penalty for "crimes like this."

The synagogue is located in the tree-lined residential neighborhood of Squirrel Hill, about 10 minutes from downtown Pittsburgh and the hub of Pittsburgh's Jewish community. The facade of the fortress-like concrete building is punctuated by rows of swirling, modernistic stained-glass windows illustrating the story of creation, the acceptance of God's law, the "life cycle" and "how human-beings should care for the earth and one another," according to its website. Among its treasures is a "Holocaust Torah," rescued from Czechoslovakia.

Its sanctuary can hold up to 1,250 people.

Eisenberg, the former synagogue president, said officials at Tree of Life had not gotten any threats that he knew of before the shooting. But he said security was a concern, and the synagogue had started working to improve it.

Chuck Diamond, a former rabbi at the synagogue who retired more than a year ago, said the building is locked during the week, and is outfitted with security cameras. "But on Sabbath it's an open door," he said.

"You know, you're always worried that something would happen," said Myron Snider, head of the cemetery committee for New Light Congregation, which meets at Tree of Life. Snider just got out of the hospital on Thursday and missed Saturday's service.

"But you never dream that it would happen like this," Snider added. "Just never ever dream that it would happen like this."

Suspected Boko Haram attacks leave 15 dead, homes burned in northeast Nigeria

Lagos, Nigeria (CNN)At least 15 people have died in Nigeria's northeast in a spate of attacks by suspected Boko Haram militants, according to residents and local officials.

The militants, who rode in four vehicles, unleashed mayhem on four villages in the outskirts of Maiduguri, in Borno State, burning houses and shooting at people late Wednesday.

"We just buried 10 people. Most of them were burnt to death, Boko Haram burnt a lot of houses with people in them," said Alsheikh Mohammed, a local council official told CNN in Mallumuti, one of the affected villages.

Mustapha Umar, who lives in Kofa, where the attack began around 8 p.m. local time, said five of his family members died after the insurgents set his home on fire.

"My mother, my father and three of my children were burning in the fire. I tried to save them but could not because I have to run for my life," Umar said.

He was not able to recover their bodies.

Nigeria's National Emergency Agency in a statement Thursday said six people were killed in Kofa village by the insurgents. The gunmen opened fire on residents as they ran to a displacement camp in Dalori village, killing another two people.

"The terrorists gained access to the area through a bush path behind the villages. They ransacked the market in front of the IDP (internally displaced person) camp," said Bashir Garga, the zonal coordinator of the National Emergency Agency.

Borno State Deputy Governor Mamman Durkwa visited the villages Thursday to console with families and community leaders affected by the violence.

Boko Haram insurgents have waged a decade-long war in northern Nigeria.

The group's militants have burned villages, mosques and churches; carried out mass kidnappings, assassinations and market bombings; and killed soldiers, despite claims by the military that its troops have reclaimed territories previously inhabited by the militant group.

At least 20 worshippers were killed and scores wounded in a double bomb blast targeted at a mosque in Damboa town in Borno State in June.

Nigeria's army said some of soldiers were killed by the Boko Haram fighters in July in an ambush in Yobe.

Woman fought with driver, causing bus to fall in China river

BEIJING (AP) — A fight between a bus driver and a passenger who missed her stop caused the bus to plunge off a high bridge into China's Yangtze River, police said Friday. All 15 people onboard are presumed dead.

An eight-second surveillance video released by Chongqing city police on its Weibo social media account shows the two arguing and grappling with each other in the moments before the bus suddenly veered across oncoming traffic and off the bridge Sunday morning.

Buses in China often have surveillance cameras.

A statement from Wanzhou district police said the 48-year-old female passenger asked the driver to pull over after she missed her stop, but he didn't. She walked up to the driver's seat and scolded him. The driver turned his head back several times arguing.

As the quarrel escalated, the statement said, the woman hit the driver on the head with her cellphone. The driver took his right arm off the steering wheel and fought back. He grabbed her arm when she attacked him again, then hastily steered to the left, sending the bus out of control.

The Chongqing police also posted dashcam video from a nearby car showing the bus colliding with an oncoming vehicle before smashing through a guardrail and falling into the Yangtze, a major river in southwestern China.

The Wanzhou police statement said the behavior of the driver and the passenger seriously endangered public safety and violated the law.

Rescuers lifted the wreck of the bus from the river Wednesday night. Thirteen bodies have been found and two remain missing, the official Xinhua News Agency said.

Prayer Map

- We will have a PowerPoint with each slide focused on a different area in our world. There will be a point placed on the map that goes with each article. Our first article focuses on news in the local Omaha community. Second article focuses on a news story in our country. Last two articles focus on news stories from two different places around the world. Hand out articles of things going on in these places and read as a group. After we read each article we leave the floor open for discussion based on the questions written below.
- Map powerpoint
 - Article 1: LOCAL
 - https://www.omaha.com/news/public-safety/year-old-elkhorn-high-junior-dies-in-rollover-crash-at/article_4e7965fd-a0f6-5bf4-8ae7-b6be476deb96.html
 - Article 2: NATIONAL
 - <https://www.google.com/amp/s/wgntv.com/2018/10/27/multiple-casualties-in-shooting-at-pittsburgh-synagogue/amp/>
 - Article 3 and 4: INTERNATIONAL
 - <https://www-m.cnn.com/2018/11/01/africa/boko-haram-village-attacks-intl/index.html?r=https%3A%2F%2Fwww.cnn.com%2Fworld>
 - https://www.omaha.com/news/world/woman-fought-with-driver-causing-bus-to-fall-in-china/article_5fef1cec-b592-5bb5-92fb-5d854d795aa2.html#tncms-source=block-contextual
- Discussion questions.
 - Have you heard of or ever read this specific news story?
 - Is it important to you to keep up with current events? Why or why not?
 - Do you believe prayer can solve issues like these around the world?
 - *Leave the floor open for any open discussion*
- At the end of the station, read bible passage and pray for the places we learned about and the people involved
 - "We are hard pressed on every side, but not crushed; perplexed but not in despair; persecuted but not abandoned; struck down but not destroyed." 2 Corinthians 4:8-9. Sometimes in the face of adversities it is hard to fully trust in You that things will be better. Let us take these situations we have learned about today and remember to put our faith in You always. Lord God, allow us to open our hearts to you and to those around us suffering persecution, misfortune, and difficulties in their lives. We pray to always keep in mind those who face many issues in our world today. Specifically we would like to offer up prayers to those we have read about today.
 - *For the family and friends of George Gervase that they recover from this tragic loss and find your light in this sea of tragedy.*
 - *For the congregation of the Tree of Life synagogue and the families of those slain in this horrific act, that they may be able to recover from this inhumanity as a community.*
 - *For those citizens in Lagos, Nigeria and Beijing, China, that they may recover from these tragedies and move toward unity and justice as a community.*
 - Petitions?
 - Lord we lift these petitions and those we hold in our hearts to you and may you grant these if they are in accordance with your will. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Labyrinth Prayer

SCRIPT: Two people come into the labyrinth at a time; another person comes in after the person before them finishes the previous station.

- Station 1: “The Beginning Of Your Walk With Jesus” *let in two people and have them stand at the beginning of the maze. For this station, we will need a bowl of water and soap. Read:*
 - Close your eyes. Reflect on when you first accepted Jesus into your life. How did you feel? (PAUSE) When you surrender to His will, you begin a new chapter in your story. As I read out this prayer, wash your hands in the bowl to signify our sins being washed away through baptism. (READ OUT PRAYER): My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it. Therefore I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen.
- Station 2: “Drawing Away From God” *For this station, we will need headphones and a device to play an “action audio”. We want to display the distractions of the secular world. The person should put on the headphones and try to do the actions, they also are trying to read a french story at the same time. After the activity, read:*
 - With the distractions of the world, it can be easy for us to draw away from God’s path. Think about the main distraction that is keeping you from building your relationship with Jesus. Is it your phone? Your extracurricular activities? As you continue through the maze, challenge yourself to turn that distraction into a foundation to build your faith.
 - ACTION AUDIO: <https://www.youtube.com/watch?v=iZinb6rVozc>
 - French Story: *Il était une fois une maman cochon qui avait trois petits cochons. Elle les aimait beaucoup, mais comme il n’y avait pas assez de nourriture pour qu’ils puissent tous manger à leur faim, elle les a envoyé tenter leur chance dans le vaste monde. Le premier petit cochon a décidé d’aller vers le Sud. Alors qu’il marchait le long de la route, il a rencontré un fermier qui portait une botte de paille. Il lui a alors demandé*

poliment : "Pourriez-vous s'il vous plaît me donner cette paille, que je puisse construire une maison?"

- Station 3: "The Darkest Part of Your Faith" *For this station, we will need blocks and a blindfold. The person will attempt to stack each block while only using one hand and blindfolded. Read:*
 - This activity represents how we try to face our struggles alone. We push our family, friends, and God away and we end up digging ourselves into a hole deeper and deeper. Sooner or later, we realize that life isn't a battle we can win alone.
 - *Their partner will now take their hand and help them stack the blocks. Read:*
 - Our loved ones and Jesus can help us get over the hardships in our lives. Even though we cannot see God, he is always with us. Before you move to the next station of the maze, pray for a specific struggle you have been battling with. Surrender to Him, for Matthew 11:28 states, "Come to me, all you who are weary and burdened, and I will give you rest".
- Station 4: "Closer Than Ever" *This is nearing the end of the maze, so it should be designed in a strait line. Read:*
 - We must realize that everyone has struggles, but together we are strong. Hold hands and walk down together. As followers of Christ, we are all linked as a holy family. Your relationship with God will continue to thrive if you reflect on your daily blessings and turn to him when you are hurting. Together, we are never alone. And together, we are one with God. And as a Marianist family we say, "May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen."

Closing Prayer

Keep Your Eyes Open by Need to Breathe

<https://www.youtube.com/watch?v=6eLg4DFO6Ek&frags=pl%2Cwn>

If you could soldier on
Headstrong into the storm
I'll be here waiting on the other side
Don't look back
The road is long
The first days of the war are gone
Take back your former throne and turn
the tide

I know the fight is on the way
When the sides have been chosen

**'Cause if you never leave home, never
let go
You'll never make it to the great
unknown till you
Keep your eyes open, my love
So tell me you're strong, tell me you see
I need to hear it, can you promise me to
Keep your eyes open, my love**

Just past the circumstance
The first light, a second chance
No child could ever dance the way you
do, oh
Tear down the prison walls
Don't start the curtain call
Your chains will never fall until you do

Open up
Open up
Open up your eyes
The weight is unbroken
Open up
Open up
Open up your eyes
Keep your eyes open

Don't let the night become the day
Don't take the darkness to the grave
I know pain is just a place
The will has been broken
Don't let the fear become the hate
Don't take the sadness to the grave

For many of you this meeting may have opened your eyes to different ways and forms of prayer. God does speak to us in many different ways. Whether that is through prayer, scripture, circumstances (both good and bad), or even through the person sitting next to you. I want you to think to yourself of times God has reached out and spoke to you. Think of him helping you through the good and the bad. Think of how he loves all of you individually and wants to speak and be with you. God will continue to reach out to all of you in a numerous amount of ways, it's all just a matter of keeping your eyes open. As a Marianist family, we joyfully proclaim: May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary, Amen.

Ways to Pray in Adoration!

1. Just be...

Sometimes it is good to simply be with God and listen to what He has to say. Ask God to give you peace and to remove distractions from your life for the next few minutes. Close your eyes and take a few deep breaths. Clear your mind. Think of God as a friend. Go ahead and hang out with Him.

2. Pray with Scripture...

Scripture is amazing! There are stories, songs, proverbs, and so many other writings in the Bible that can assist you in prayer. Read a passage or verse and reflect on its contents. You may find it touching, inspirational, or uplifting. Maybe it will give you a good example of how to live or comfort you in some way.

3. Pray the Rosary or another Devotion...

The rosary is more powerful than you think. Saints have described it as a weapon against the powers of darkness. Try saying each decade with a special intention or reflection. There are other prayers you can say with a rosary too. Those beads can work miracles!

4. Pray with a Saint...

There are so many holy people from history that have loved the Eucharist! Think of your parish saint, confirmation or patron saint, or just a favorite of yours. Ask them to help you pray and grow in holiness. (They want to help you!)

5. Pray with Music...

Music is great path to *God*. There are so many songs that can help you pray. There are instrumental pieces, church music, and modern Christian songs in a multitude of styles and genres. Even music that isn't exclusively Christian can help you to reflect and lead you to *God*.

Quotes about the Eucharist:

"The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth."

- Saint Mother Teresa of Calcutta

"The greatest love story of all time is contained in a tiny white Host."

- Archbishop Fulton J. Sheen

"The sovereigns of the earth do not always grant audience readily; on the contrary, the King of Heaven, hidden under the eucharistic veils, is ready to receive anyone..."

- St. Alphonsus Liguori

"The Eucharist, behold the Christian's treasure, his delight on earth. Since Jesus is in the Eucharist for him personally, his whole life ought to be drawn to it like a magnet to its center."

- St. Peter Julian Eymard

"I am quite sure that if we could but once approach the Most Holy Sacrament with great faith and love, it would suffice to make us rich. How much more so if we approach it often!"

- St. Teresa of Avila

"This is the wonderful truth, my dear friends: the Word, which became flesh two thousand years ago, is present today in the Eucharist."

- St. Pope John Paul II

"Let every knee bend before Thee, O greatness of my God, so supremely humbled in the Sacred Host. May every heart love Thee, every spirit adore Thee and every will be subject to Thee!"

- St. Margaret Mary Alacoque

"But the secret of my power is that I have never in fifty-five years missed spending an hour in the presence of our Lord in the Blessed Sacrament. That's where the power comes from. That's where sermons are born. That's where every good thought is conceived."

- Archbishop Fulton J. Sheen

Prayer of Adoration of the Eucharist

My Lord Jesus Christ, I adore you in all the tabernacles of the world. I offer you my life in reparation for the sins against the Blessed Sacrament, the unworthy communions, disrespect, lack of reverence in your churches, and countless other sins against your most Holy Body and Blood. Please, my Lord, increase my faith in your Eucharistic presence so that my devotion may be fanned into a flame of love of you and that I may go into the world to proclaim your kingdom. I ask this of your mercy in your Holy Name. Amen.

Mary, Mother of the Eucharist, pray for us!