

MOVEMENTS 8: GRACE

Petitionary Prayer: *Lord, increase my faith in you, help me to come to you in all that I need and desire.*

Prayer 1. Read Matthew 11:28-30 (“Come to me”)

Jesus said: *"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light."*

For Reflection: We carry burdens of pain from which Jesus calls us to bond with Him, to have faith in Him so we can heal. Imagine Jesus inviting you to come to Him. What areas in my life do I need His healing from?

Prayer 2. Read and select one to pray: Luke 7:11-17 (“Do not weep”), Luke 13:10-13 (“You are free”)

Luke 7: 11-17 Soon afterward He journeyed to a city called Nain, and His disciples and a large crowd accompanied Him. As He drew near to the gate of the city, a man who had died was being carried out, the only son of his mother, and she was a widow. A large crowd from the city was with her. When the Lord saw her, He was moved with pity for her and said to her, *“Do not weep.”* He stepped forward and touched the coffin; at this the bearers halted, and He said, *“Young man, I tell you, arise!”* The dead man sat up and began to speak, and Jesus gave him to his mother. Fear seized them all, and they glorified God, exclaiming, *“A great prophet has arisen in our midst,”* and *“God has visited his people.”* This report about Him spread through the whole of Judea and in all the surrounding region.

Luke 13: 10-13 He was teaching in a synagogue on the sabbath. And a woman was there who for eighteen years had been crippled by a spirit; she was bent over, completely incapable of standing erect. When Jesus saw her, He called to her and said, *“Woman, you are set free of your infirmity.”* He laid His hands on her, and she at once stood up straight and glorified God.

For Reflection: Jesus notices our pain, sorrows, struggles, and anxieties. His compassion heals before we ever ask. Imagine yourself with Jesus reaching His hands out toward you. What happens in me? Respond to Jesus.

Prayer 3. Read and select one to pray: Mark 10:46-52 (“What do you want me to do for you?”), Mark 5:25-34 (“Who touched me?”)

Mark 10: 46-52 They came to Jericho. And as he was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaues, sat by the roadside begging. On hearing that it was Jesus of Nazareth, he began to cry out and say, *“Jesus, son of David, have pity on me.”* And many rebuked him, telling him to be silent. But he kept calling out all the more, *“Son of David, have pity on me.”* Jesus stopped and said, *“Call him.”* So they called the blind man, saying to him, *“Take courage; get up, He is calling you.”* He threw aside his cloak, sprang up, and came to Jesus. Jesus said to him in reply, *“What do you want me to do for you?”* The blind man replied to Him, *“Master, I want to see.”* Jesus told him, *“Go your way; your faith has saved you.”* Immediately he received his sight and followed Him on the way.

Mark: 5:25-34 There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind Him in the crowd and touched His cloak. She said, "If I but touch his clothes, I shall be cured." Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction. Jesus, aware at once that power had gone out from Him, turned around in the crowd and asked, *"Who has touched my clothes?"* But His disciples said to Him, "You see how the crowd is pressing upon you, and yet you ask, 'Who touched me?' And He looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told Him the whole truth. He said to her, *"Daughter, your faith has saved you. Go in peace and be cured of your affliction."*

For Reflection: Notice the faith of the woman who lunges just to touch Jesus' cloak. How are you being invited to trust Jesus? What struggles am I having trouble asking for help? How have I noticed my faith stronger? What have others noticed in me?

Prayer 4. Petitionary: Luke 5: 40-42, 49-56 (*"Do not be afraid"*), Matt 8: 5-13 (Lord, I am not worthy)

Luke 5: 40-42, 49-56

When Jesus returned, the crowd welcomed Him, for they were all waiting for him. And a man named Jairus, an official of the synagogue, came forward. He fell at the feet of Jesus and begged him to come to his house, because he had an only daughter, about twelve years old, and she was dying. As He went, the crowds almost crushed Him. While He was still speaking, someone from the synagogue official's house arrived and said, "Your daughter is dead; do not trouble the teacher any longer." On hearing this, Jesus answered him, *"Do not be afraid; just have faith and she will be saved."* When he arrived at the house He allowed no one to enter with Him except Peter and John and James, and the child's father and mother. All were weeping and mourning for her, when He said, *"Do not weep any longer, for she is not dead, but sleeping."* And they ridiculed Him, because they knew that she was dead. But He took her by the hand and called to her, *"Child, arise!"* Her breath returned and she immediately arose. He then directed that she should be given something to eat. Her parents were astounded, and He instructed them to tell no one what had happened.

Matthew 58:5-13

When He entered Capernaum, a centurion approached Him and appealed to Him, saying, "Lord, my servant is lying at home paralyzed, suffering dreadfully." He said to him, *"I will come and cure him."* The centurion said in reply, "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed. For I too am a person subject to authority, with soldiers subject to me. And I say to one, 'Go,' and he goes; and to another, 'Come here,' and he comes; and to my slave, 'Do this,' and he does it. When Jesus heard this, He was amazed and said to those following Him, *"Amen, I say to you, in no one in Israel have I found such faith. I say to you, many will come from the east and the west, and will recline with Abraham, Isaac, and Jacob at the banquet in the kingdom of heaven, but the children of the kingdom will be driven out into the outer darkness, where there will be wailing and grinding of teeth."* And Jesus said to the centurion, *"You may go; as you have believed, let it be done for you."* And at that very hour (his) servant was healed.

For Reflection: Notice the faith of the man who clings to Jesus even when his friends and family tell him it's too late. What fears do I wish to leave behind? What does it feel like for me to go to Jesus to ask?

Prayer 5. Mark 2:1-5 ("*Child, your sins are forgiven*")

When Jesus returned to Capernaum after some days, it became known that He was at home. Many gathered together so that there was no longer room for them, not even around the door, and He preached the word to them. They came bringing to Him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above Him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "*Child, your sins are forgiven.*"

For Reflection: As I place myself in the scene amongst the crowd with my eyes fixed on Jesus, I feel _____? What resonates with me as I imagine the scene unfolding? Who am I, the onlooker, the friend who carries, or the one carried?

Prayer 6. Repetition: Select from the previous scriptures to pray with again. Choose from those that brought movements in prayer. Consolations: being lifted up, felt presence of God. Desolations: struggle, dryness, uncomfortable, a felt sense of a distance from God. Where am I this day?

Prayer Period Gathering the Graces: Review and savor God's gifts to you. Make notes for sharing with your spiritual director or your faith-sharing group.