

DYING SO THAT WE MAY RISE

2017 ONLINE LENTEN RETREAT

"If, then, we have died with Christ, we believe that we shall also live with him."

- Romans 6:8

Welcome to the 2017 Lenten Retreat. Through this retreat, you will enter into the Paschal Mystery through prayer and reflection. It is through this sacred Mystery that we die with Christ and rise with him to new life.

OPENING PRAYER *(From the Liturgy of the Hours, Morning Prayer, 2nd Saturday of Lent)*

O God, come to my assistance. *(Make the sign of the cross.)*

Lord, make haste to help me.

Glory be to the Father and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be forever. Amen

Opening Hymn: THESE FORTY DAYS OF LENT

<https://www.youtube.com/watch?v=qQXZlQbyd8g>

These forty days of Lent, O Lord,
With you we fast and pray;
Teach us to discipline our wills
And follow Lord your way.

As thirst and hunger you have known
So teach us gracious Lord,
To die to self and only live
By your most holy word.

And through these days of penitence,
And through your Passiontide,
Forever more, in life and death,
O Lord with us abide.

Abide with us, so that this life
Of suffering once past,
An Easter of unending joy
We may attain at last.

Antiphon 1: *(Repeat between verses of the following psalm.)* **As morning breaks, we sing of your mercy.**

It is good to give thanks to the LORD,
to sing praise to your name, Most High,
To proclaim your love at daybreak,
your faithfulness in the night,
With the ten-stringed harp,
with melody upon the lyre.

For you make me jubilant, LORD, by your deeds;
at the works of your hands I shout for joy.
How great are your works, LORD!
How profound your designs!
A senseless person cannot know this;
a fool cannot comprehend.

Though the wicked flourish like grass
and all sinners thrive,
They are destined for eternal destruction;
but you, LORD, are forever on high.
Indeed your enemies, LORD,
indeed your enemies shall perish;
all sinners shall be scattered.

You have given me the strength of a wild ox;
you have poured rich oil upon me.

My eyes look with glee on my wicked enemies;
my ears shall hear what happens to my wicked foes.
The just shall flourish like the palm tree,
shall grow like a cedar of Lebanon.

Planted in the house of the LORD,
they shall flourish in the courts of our God.
They shall bear fruit even in old age,
they will stay fresh and green,
To proclaim: "The LORD is just;
my rock, in whom there is no wrong."

PSALM PRAYER – Take our shame away from us, Lord, and make us rejoice in your saving works. May all who have been chosen by your Son always abound in works of faith, hope and love in your service.

Antiphon 2: *(Repeat between verses of the following canticle.)* **Extol the greatness of our God.**

Give ear, O heavens, and let me speak;
let the earth hear the words of my mouth!
May my teaching soak in like the rain,
and my utterance drench like the dew,
Like a downpour upon the grass,
like a shower upon the crops.

For I will proclaim the name of the LORD,
praise the greatness of our God!
The Rock—how faultless are his deeds,
how right all his ways!
A faithful God, without deceit,
just and upright is he!

Yet his degenerate children have treated him basely,
a twisted and crooked generation!
Is this how you repay the LORD,
so foolish and unwise a people?
Is he not your father who begot you,
the one who made and established you?

Remember the days of old,
consider the years of generations past.
Ask your father, he will inform you,
your elders, they will tell you:

When the Most High allotted each nation its heritage,
when he separated out human beings,
He set up the boundaries of the peoples
after the number of the divine beings;
But the LORD's portion was his people;
his allotted share was Jacob.

He found them in a wilderness,
a wasteland of howling desert.
He shielded them, cared for them,
guarded them as the apple of his eye.

As an eagle incites its nestlings,
hovering over its young,
So he spread his wings, took them,
bore them upon his pinions.
The LORD alone guided them,
no foreign god was with them.

Antiphon 3: *(Repeat between verses of the following psalm.)* **How wonderful is your name, O Lord, in all creation.**

O LORD, our Lord, how awesome is your name through all the earth!
I will sing of your majesty above the heavens
with the mouths of babes and infants.
You have established a bulwark against your foes,
to silence enemy and avenger.

When I see your heavens, the work of your fingers,
the moon and stars that you set in place—
What is man that you are mindful of him,
and a son of man that you care for him?

Yet you have made him little less than a god,
crowned him with glory and honor.
You have given him rule over the works of your hands,
put all things at his feet:

All sheep and oxen,
even the beasts of the field,
The birds of the air, the fish of the sea,
and whatever swims the paths of the seas.
O LORD, our Lord, how awesome is your name through all the earth!

PSALM PRAYER – Almighty Lord, how wonderful is your name. You have made every creature subject to you; make us worthy to give you service.

ISAIAH 1:16-18 - Wash yourselves clean! Put away your misdeeds from before my eyes; cease doing evil; learn to do good. Make justice your aim: redress the wronged, hear the orphan's plea, defend the widow. Come now, let us set things right, says the LORD: Though your sins be like scarlet, they may become white as snow; Though they be red like crimson, they may become white as wool.

RESPONSORY:

God will set me free, from the hunter's snare.

God will set me free, from the hunter's snare.

From those who would trap me with lying words.

And from the hunter's snare.

Glory to the Father and to the Son and to the Holy Spirit.

God will set me free, from the hunter's snare.

CANTICLE OF ZECHARIAH:

Response: *(Repeat between verses of the following canticle.)* **Father, I have sinned against heaven and against you.**

Blessed be the Lord, the God of Israel,
for he has visited and brought redemption to his people.

He has raised up a horn for our salvation
within the house of David his servant.

Even as he promised through the mouth of his holy prophets from of
old: salvation from our enemies and from the hand of all who hate us,
To show mercy to our fathers and to be mindful of his holy covenant
and of the oath he swore to Abraham our father,
and to grant us that, rescued from the hand of enemies,
without fear we might worship him in holiness and righteousness
before him all our days.

And you, child, will be called prophet of the Most High,
for you will go before the Lord to prepare his ways,
to give his people knowledge of salvation
through the forgiveness of their sins,
because of the tender mercy of our God
by which the daybreak from on high will visit us
to shine on those who sit in darkness and death's shadow,
to guide our feet into the path of peace.

INTERCESSIONS:

Response: Lord, help us with your grace.

Let us always and everywhere give thanks to Christ our Savior, and ask
him with confidence: Lord, help us with your grace.

May we keep our bodies pure, as temples of the Holy Spirit.

May we offer ourselves this morning to the service of others, and do your
will in all things throughout the day.

Teach us to seek the bread of everlasting life, the bread that is your gift.

May your Mother, the refuge of sinners, pray for us, and gain for us your
loving forgiveness.

OUR FATHER

CONCLUDING PRAYER – God our Father, by your gifts to us on earth we already share in your life. In all we do, guide us to the light of your kingdom. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

(Make the sign of the cross.) And may the Lord bless us and keep us and lead us to everlasting life. Amen.

YOU WILL NEED A BIBLE FOR THE NEXT PART OF THE RETREAT. YOU CAN FIND THE SCRIPTURES ONLINE AT:

<http://www.usccb.org/bible/books-of-the-bible/index.cfm>

YOU WILL FIND 8 SYMBOLS FROM THE EASTER VIGIL. MEDITATE UPON THE SCRIPTURE PASSAGE AND REFLECT UPON HOW THE SYMBOL IS FOUND WITHIN IT.

WORD: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

JESUS

John 1:1-3

LECTIO DIVINA *(Read the following passage slowly. Notice what words or phrases stand out to you. Reread the passage a second time. Do the same words stand out or different ones? Read the passage slowly a third time. Pray for guidance and reflect on the following questions.)*

John 12:23-27

What words or phrase stood out to you as this scripture was read?

What was God saying to you through this passage?

WATER: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

Baptism

Life and Death

Exodus 14:5-31

LABYRINTH: *(Using the picture of the labyrinth in the following link, trace it slowly with your mouse or finger while you listen to the following song. Remember that a labyrinth is not a maze. There are no obstacles or dead ends. You can be sure that your symbolic journey will end in the center. Pause in the center to spend time with God. Then retrace your journey outward. Click on the picture of the labyrinth to enlarge it.*

<http://sites.jcu.edu/campusministry/about/liturgy-prayer/places-for-prayer-and-reflection/labyrinth/>)

Shepherd Me, O God <https://www.youtube.com/watch?v=L55J02iTGjM>

In your life, how have you journeyed from death into life?

How has God been your shepherd?

(Did you know we have a labyrinth at St. Joseph/St. Raphael Parish? Call the parish office at 323-7523 to schedule a time to use it.)

WHITE GARMENT: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

Purity

Baptism

Forgiveness of Sins

Mark 9:2-3

PRAYING WITH SONG - <https://www.youtube.com/watch?v=Y-4NFvI5U9w>

AMAZING GRACE/MY CHAINS ARE GONE

by Chris Tomlin

Amazing grace how sweet the sound
That saved a wretch like me.

I once was lost, but now I'm found.
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved.
How precious did that grace appear
The hour I first believed.

My chains are gone. I've been set free.
My God, my Savior has ransomed me,
And like a flood His mercy reigns,
Unending love, amazing grace.

The Lord has promised good to me.
His word my hope secures.
He will my shield and portion be
As long as life endures.

My chains are gone. I've been set free.
My God, my Savior has ransomed me,
And like a flood His mercy reigns,
Unending love, amazing grace.

My chains are gone. I've been set free.
My God, my Savior has ransomed me,
And like a flood His mercy reigns,
Unending love, amazing grace.

The earth shall soon dissolve like snow,
The sun forbear to shine,
But God who called me here below
Will be forever mine, will be forever mine.
You are forever mine.

From what has God freed you?

What chains still hold you back?

OIL: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

Food

Light

Sacrifice

Strengthening/Massaging

Anointing

1 Samuel 16:1-13

PRAYING WITH THE BODY – *(As you read Psalm 31 come up with your own motions to express how each verse makes you feel. You can be active and dance around your room or simply raise and lower your arms and head as you sit in your chair. After you create your motions, it is a good idea to repeat them once or twice more.)*

In you, O Lord, I seek refuge. ~Psalm 31

What were some of the positive results the last time you let God be in control of a situation?

How is letting go to God a form of dying?

FIRE: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

The Easter Fire

The Light of Christ

The Easter Candle

Candles Given at Baptism

Exodus 13:17a, 18a, 21-22

GUIDED MEDITATION -*(Read the following meditation slowly and thoughtfully.)*

Prayer in the Garden

Allow yourself to find comfort in your chair. Relax your body. Roll your head and shoulders to release the tension. Take a deep breath in, hold it.....and release your breath. Again, breathe in deeply through your nose, hold, release through your mouth. Hear the gentle whoosh of your own breath.

We are about to take a journey, and we will travel on our own breaths. Breathe in, hold, and release, allowing that gentle whoosh to propel you out of this room. With each breath, you travel back centuries. You find yourself crouching behind some bushes outside a house. The spring evening is warm and comfortable. You gaze up and through a window in the upper story of the house in front of you. Your heart skips a beat as you see Jesus through the window. He is speaking to some of his close disciples, breaking a piece of bread and passing it around the table.

You have wanted to speak with Jesus for a very long time. What have you wanted to talk with him about? You wonder if tonight you will finally get your chance to spend time with him away from the crowds. You look up again. This time Jesus is drinking from a wooden cup. He passes it to the disciples next to him who also drinks from it. How you wish you could have eaten this Passover meal with Jesus!

Minutes pass and Jesus and his disciples leave the house. You follow along behind them. The group winds through the cobblestone streets of Jerusalem and passes through the gate in the wall that surrounds the city. Not caring if the disciples see you tagging along, you step through the gate behind them. They cut across the valley and find a narrow path that leads up the Mount of Olives. You know this is one of Jesus' favorite places to pray. It will be a good spot to approach him.

Near the top of the Mount of Olives, Jesus leaves most of his disciples. He invites only three to enter the Garden of Gethsemane with him. Even though you know Jesus is always welcoming, you are afraid his disciples will block your path so you scramble over a wall instead of entering through the gate. In the process, you scrape your knuckles and knees.

Inside the garden, you see that Jesus has left the three disciples he brought inside. They have spread their cloaks on the ground, and it looks like they have settled in for a nap. You push through the bushes to find Jesus. A branch smacks you in the face drawing blood.

After wandering around for several minutes, you come upon Jesus. He is kneeling in prayer. His face looks drawn and worn like he is worried about something. You hesitate and consider leaving without speaking to Jesus, but what you need to talk to him about is so important. Just as you decide to go, Jesus looks up, smiles at you, and beckons you to come to him.

How do you feel as Jesus calls you over? What is the first thing you say to Jesus?

You pour your heart out to Jesus. You tell him more than you ever meant to say. He looks at you with compassion and understanding. Finally, there is only one thing left to say. It is your deepest, darkest secret. As you confess it, you wonder if even Jesus can forgive something that horrible, but Jesus looks at you with only love and compassion in his eyes. He places his hand lovingly on your shoulder and says, "My child, you are forgiven." Then Jesus speaks words of wisdom to you about your situation. What is Jesus saying to you? Finally, Jesus looks in your eyes and says one last thing, "No matter what, always know that you are loved. Never doubt that. And remember that what I do now, I do for you." You don't fully understand Jesus' last words, but you know someday you will.

You feel it is time to go. You and Jesus embrace; then you back away. You look down at your hands and notice that your scraped knuckles are healed. You quickly feel your knees and face to find they are also healed. You are about to go back and thank Jesus, but he is deep in prayer and deep in agony. You know you must leave him alone now so you walk back through the bushes. In a private corner of the garden, you kneel in prayer. What is your prayer? How do you feel at this moment?

As you are praying, you feel yourself flying away. You begin to count your breaths. You become aware that you are now in another place and time, back where you began your journey.

Can you remember a time when you felt deserted or abandoned and Jesus consoled you?

How have you been the consoling light of Christ to others?

BREAD: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

Food

Basic Necessity

Body of Christ
1 Kings 17:7-16

PRAYING WITH A PEN – *(Read the following psalm and then rewrite it in your own words making it your own prayer.)*

Psalm 56

Have mercy on me, God,
for I am treated harshly;
Attackers press me all the day.
My foes treat me harshly all the day.
Yes, many are my attackers.
O Most High, when I am afraid,
in you I place my trust.
I praise the word of God;
I trust in God, I do not fear.
What can mere flesh do to me?
All the day they foil my plans.
Their every thought is of evil against me.
They hide together in ambush.
They watch my every step.
They lie in wait for my life.
My foes turn back when I call on you.
This I know: God is on my side.
I praise the word of God,
I praise the word of the Lord.
In God I trust, I do not fear.
What can man do to me?

Let your written prayer begin in imitation of the psalm:
Have mercy on me, God,

WINE: *(Look up the following scripture passage. As you read it, meditate upon the following words or phrases.)*

Drink

Joy
Blood of Christ
John 2:1-10

TRADITIONAL PRAYERS – *(Read this traditional prayer slowly and thoughtfully.)*

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

What line of this prayer resonates with you the most?

What does the line “Blood of Christ, inebriate me” mean to you?

How does this prayer speak to you about dying and rising?

CRUCIFIX: *(Look up the following scripture passages. As you read it, meditate upon the following words or phrases.)*

Jesus
Sacrifice
Suffering

Mark 10:35-40
Mark 8:34-37

STATIONS OF THE CROSS

If you are reading on a portable device, consider taking a walk while praying this online version of the Stations of the Cross. You can either read the Stations or download the audio version.

<http://onlineministries.creighton.edu/CollaborativeMinistry/stations.html>

What thoughts have you had during the Stations?

SILENT REFLECTION

Then Jesus said to his disciples, "whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. ~ Matthew 16:24-25

In the Paschal Mystery, we die to ourselves and rise with Christ.

How has your faith taught you to die to yourself? In what situations are you or have you been called to deny yourself in order to follow Christ?

How have you walked in faith through a time of self-sacrifice to find yourself raised with Christ?

Where are you spiritually right now - in the shadow of the cross or the light of the resurrection? What has brought you to this place and what can you learn here?

CLOSING PRAYER

Psalm 27

The LORD is my light and my salvation; whom should I fear?

The LORD is my life's refuge; of whom should I be afraid?

When evildoers come at me to devour my flesh, these my enemies and foes themselves stumble and fall.

Though an army encamp against me, my heart does not fear.

Though war be waged against me, even then do I trust.

One thing I ask of the Lord; this I seek:

To dwell in the Lord's house all the days of my life, to gaze on the Lord's beauty,
to visit his temple.

For God will hide me in his shelter in time of trouble.

He will conceal me in the cover of his tent; and set me high upon a rock.

Even now my head is held high above my enemies on every side!

I will offer in his tent sacrifices with shouts of joy;

I will sing and chant praise to the Lord.

Hear my voice, Lord, when I call; have mercy on me and answer me.

"Come," says my heart, "seek his face."

Your face, LORD, do I seek!

Do not hide your face from me; do not repel your servant in anger.

You are my salvation; do not cast me off.

Do not forsake me, God my savior!

Even if my father and mother forsake me,
the Lord will take me in.

Lord, show me your way.

Lead me on a level path

because of my enemies.

Do not abandon me to the desire of my foes.

I believe I shall see the Lord's goodness
in the land of the living.

Wait for the Lord, take courage;

be stouthearted, wait for the Lord!

What do you want to remember from this retreat?