

LECTIO DIVINA

Lectio divina means “divine reading” in Latin. In *lectio divina*, we read and re-read a Scripture passage slowly and prayerfully as a means of furthering our relationship with Jesus and hearing His voice. Through *lectio divina*, God speaks to us heart to heart.

PREPARATION:

Find a quiet place, free from distraction—a church, a chapel, your bedroom. Turn off your phone. If you are accessing Scripture via an app, put your phone on “airplane mode.”

Sit quietly, close your eyes, and place yourself in God’s presence. Here are some tips: take a deep breath and think of God. Slowly repeat the name of Jesus in your mind, or repeat the phrase, “Come, Holy Spirit” or “I am loved by God.”

Make an offering to Jesus of this time. Commend to Him the worries, obligations, and hassles of the day. They will still be there when you finish, or they will be resolved.

STEP 1: LECTIO

Read the Scripture passage. Be sure to read it slowly. Gather an understanding of who, what, when, where, and why. This is an active step.

Now, read the passage again, listening for and choosing a word or phrase that stands out to you.

STEP 2: MEDITATIO

Meditate on the word or phrase that stood out to you. Spend a few minutes turning it over in your mind, chewing on it as a cow chews cud. If a distraction comes, let it come and go. This is a passive step.

STEP 3: ORATIO

In this step, we have a conversation with God. This is an active step.

Ask yourself...

- *What were those distractions that came and went? What might God be trying to tell me?*

- *What memory does this word or phrase bring to mind?*
- *What does this word or phrase make me desire or dream about?*
- *How have I seen this word or phrase act in my life?*

Speak to Jesus and ask...

- *Why does this strike me?*
- *What are you trying to teach me?*
- *What are you saying to me?*

STEP 4: CONTEMPLATIO

This step is God’s response to us; so it is totally beyond our control. Contemplation is a divine gift that the Lord in His goodness gives us. In contemplation, we are totally passive, held by the mystery of God. It is resting quietly in God’s arms. No words are necessary at this point. This is a passive step.

Thank the Lord for the way He has spoken to you through His Word. Then, take a moment of silence and focus on the presence of God.

It is not easy to sit in silence. We may feel antsy and jittery. Our minds may wander. If you catch your mind wandering, gently bring it back to the task. Do this as many times as necessary. We also may not feel connected to God. Don’t worry about your feelings. God is pleased every time you try to connect with Him.

“Learn to abide with attention in loving waiting upon God in the state of quiet. Contemplation is nothing else but a secret, peaceful and loving infusion of God, which, if admitted, will set the soul on fire with the Spirit of love.”

– St. John of the Cross

IGNATIAN EXAMEN

STEP 1: ASK FOR GRACE

We ask for grace from God to reflect back on our day. Journal a prayer asking for grace.

STEP 2: GIVE THANKS

We thank God for everything we have experienced today because it is all a gift from Him and He is present to us through all of it. Reflect, journal, and give thanks for the events of the day.

STEP 4: ASK FOR PARDON

This is our opportunity to look at our shortcomings with a repentant heart. Journal what you are sorry for. Consider praying the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

STEP 3: REVIEW

We reflect back on our thoughts, words, and actions throughout the day, from the moment we woke up to this present moment. How did we respond to God's invitation to know Him, love Him, serve Him? Did we hear His promptings? Did we follow His promptings? How well did we follow His promptings? Journal your response to these questions.

STEP 5: MAKE A RESOLUTION

Write down one or two concrete resolutions for tomorrow.

"Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer."

- St. Padre Pio

ACTS PRAYER

ADORATION

Adoration is when we recognize and adore God for who He is.

Take time to adore God. Think about who God is—Creator, Savior, All-loving, Good. Think of your favorite titles for God. Journal your prayer of adoration below:

CONTRITION

Contrition is when we recognize our sinfulness and ask for God's mercy.

Make a short *Examination of Conscience* by reviewing your thoughts, words, and actions since your last confession. Also, think about your behaviors toward God, your behaviors and interactions with others, and your behaviors with yourself. Journal your prayer of contrition below.

After your *Examination of Conscience*, pray the *Act of Contrition*:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

THANKSGIVING

Thanksgiving helps us to acknowledge all that God has done for us and allows us to understand the Lord's love in a deeper way.

Take time to thank God for specific people, things, and events in your life. Nothing is too big or too small to be an object of our thanksgiving. Journal your prayer of thanksgiving below:

SUPPLICATION

Supplication means to ask for something. We can ask for ourselves (petition) and for others (intercession). Just like thanksgiving, nothing is too big or too small for us to ask. Journal your prayer of supplication below:

"Christ does not force our will. He takes only what we give Him. But He does not give Himself entirely until He sees that we yield ourselves entirely to Him."

- St. Teresa of Avila

JESUS PRAYER

The Jesus Prayer is an ancient prayer that allows us to keep the name of Jesus on our heart and mind, puts us in a posture of humility, and asks Jesus for mercy. The Jesus Prayer aids us in unceasing prayer. It's simple to pray:

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

This prayer can become an “unceasing prayer” if we train ourselves to really meditate on it and pray it with the natural rhythms of our body. The prayer syncs with our breathing patterns. Pray each part of the prayer as you breathe:

Breathe in and pray – Lord Jesus Christ...

Breathe out and pray – Son of God...

Breathe in and pray – have mercy on me...

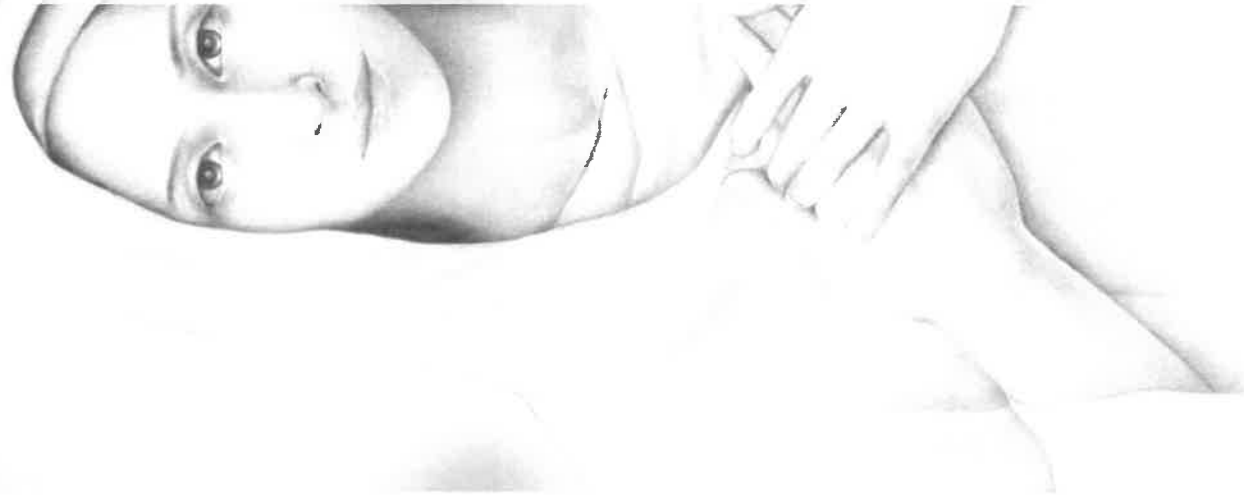
Breathe out and pray – a sinner.

As you pray, keep your breathing slow and rhythmic. Allow thoughts to come and go in your mind. Be aware of images that bring you peace during this time and images that bring agitation. Throughout the prayer, keep your focus on your breathing and the name of Jesus.

Pray this prayer whenever you can. Pray in the car, pray during class, pray as you walk to school, pray during a sport or music practice. The goal is to make the prayer such a “go-to” habit that you find yourself praying without even realizing it.

“Pray without ceasing.”
- 1 Thessalonians 5:17

HOW TO PRAY THE ROSARY



Prayers you'll need to know

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace! The Lord is with you, blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

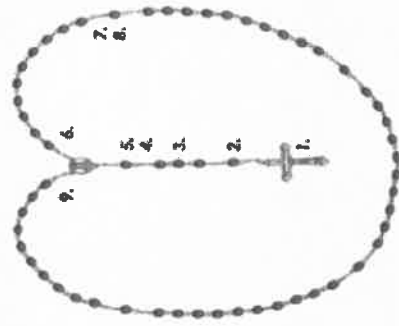
O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially these most in need of thy mercy. Amen.

The Hail Holy Queen

Hail Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement! O loving! O sweet Virgin Mary! Pray for us, O Holy Mother of God. That we may be made worth the promises of Christ.

Order to say them in

1. While holding the crucifix make the Sign of the Cross and then recite the Apostles Creed.
2. Recite the **Our Father** for the Pope on the first large bead.
3. Recite the **Hail Mary** for an increase of faith, hope, and love on each of the three small beads.
4. After the three Hail Mary's recite the **Glory Be** and **Fatima Prayer**.
5. Recall the first Rosary Mystery and recite the **Our Father** on the large bead.
6. On each of the adjacent ten small beads (referred to as the decade) recite a **Hail Mary** while reflecting on the mystery.
7. After the ten Hail Mary's say the **Glory Be**, and the **Fatima Prayer** (O My Jesus).
8. Each succeeding decade is prayed in similar manner by recalling the appropriate mystery, reciting the **Our Father**, **Ten Hail Mary's**, the **Glory Be**, and the **Fatima prayer** while reflecting on the mystery.
9. When the fifth mystery is completed, the Rosary is customarily concluded with the **Hail Holy Queen**.



The Mysteries of the Rosary

- Joyful Mysteries (Monday & Saturday)**
- 1st Decade: The Annunciation (Luke 1:26-36)
 - 2nd Decade: The Visitation (Luke 1:39-45)
 - 3rd Decade: The Nativity of Jesus (Luke 2:6-12)
 - 4th Decade: The Presentation of Jesus (Luke 2:25-32)
 - 5th Decade: The Finding of Jesus in the Temple (Luke 2:41-50)
- Luminous Mysteries (Thursday)**
- 1st Decade: The Baptism of Jesus (Matthew 3:13-17)
 - 2nd Decade: The Miracle at Cana (John 2:1-11)
 - 3rd Decade: The Proclamation of the Kingdom (Mark 1:14-15)
 - 4th Decade: The Transfiguration (Matthew 17:1-8)
 - 5th Decade: The Institution of the Eucharist (Matthew 26:26-28)
- Sorrowful Mysteries (Tuesday & Friday)**
- 1st Decade: The Agony in the Garden (Luke 22:39-46)
 - 2nd Decade: The Scouring at the Pillar (Mark 15:6-15)
 - 3rd Decade: The Crowning with Thorns (John 19:1-8)
 - 4th Decade: The Carrying of the Cross (John 19:16-22)
 - 5th Decade: The Crucifixion (John 19:25-30)
- Glorious Mysteries (Wednesday & Sunday)**
- 1st Decade: The Resurrection (Mark 16:1-7)
 - 2nd Decade: The Ascension of Jesus (Luke 24:45-53)
 - 3rd Decade: The Descent of the Holy Spirit (Acts 2:1-7, 11)
 - 4th Decade: The Assumption of Mary (Luke 1:46-55)
 - 5th Decade: The Coronation of Mary (Revelations 12:1-17)

CHAPLET OF DIVINE MERCY

The Chaplet of Divine Mercy

In 1935, St. Maria Faustina, an uneducated Polish nun, received a vision of an angel sent by God to chastise an evil city. She began to pray for mercy, but her prayers were powerless. Suddenly she felt the power of Jesus' grace within her. At the same time she found herself pleading with God for mercy with these words:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world; for the sake of His sorrowful Passion, have mercy on us. (Diary, 475)

Prayed on ordinary rosary beads, The Chaplet of Divine Mercy is an intercessory prayer that invokes the mercy of God poured out for us on the cross. In prayer, Jesus told St. Faustina: "By this Novena, [of Chaplets] I will grant every possible grace to souls" (796).

Prayers you'll need to know

Opening Prayer (Optional)

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! *(Repeat this line 3 times)*

Our Father

Our Father, Who art in heaven, hallowed, be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace! The Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit; born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Eternal Father

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

For the Sake

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Holy God

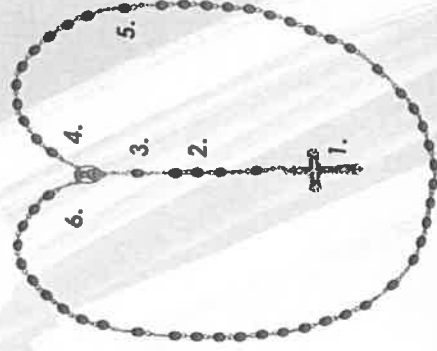
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. *(Repeat this line 3 times)*

Closing Prayer (Optional)

Eternal God, in whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy Itself.

How to pray the Chaplet of Divine Mercy

1. While holding the crucifix make the Sign of the Cross and say "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
2. Recite the **Opening Prayer**, followed by the **Our Father**, **Hail Mary**, and the **Apostles' Creed**, on the three small beads.
3. On the first large bead recite the **Eternal Father**.
4. On each of the adjacent ten small beads (referred to as a decade) recite a **For the Sake**.
5. After the 10 For the Sake's are prayed move to the next large bead and recite the **Eternal Father**. Each succeeding decade is prayed in similar manner by praying the **Eternal Father** followed by 10 **For the Sake**.
6. When the fifth decade is completed, the Chaplet is concluded with the **Holy God**.





HANDOUT STATIONS OF THE CROSS

The First Glorious Mystery: The Resurrection

Pray the following before each station:

Leader: We adore you, O Christ, and we bless you.

All: Because by your holy cross you have redeemed the world.

FIRST STATION: JESUS IS CONDEMNED TO DEATH

Corporal Works of Mercy – Visit the Prisoners

Reflection: Pilate condemns Christ of a crime for which He is not guilty. And with this condemnation, many of Jesus' followers flee — afraid to be seen or connected with Christ. Some in our prison system today have, like Christ, been sentenced unfairly — completely innocent of their alleged crimes or serving a longer sentence than necessary. But all prisoners are Christ's children, regardless of innocence or guilt. Christ knows their pain and is in the prisons alongside them. Will we do the same or will we run like the apostles, scared to face the condemned?

Prayer: Jesus, make us instruments of your justice. You faced Pilate with courage, though you knew it would lead to death. Give us the courage to reach out to those in prison.

SECOND STATION: JESUS IS GIVEN HIS CROSS

Catholic Social Teaching – The Dignity of Work and the Rights of Workers

Reflection: In taking up the cross, Jesus begins the most difficult work ever accomplished in the world — the work of our salvation, the work of reconciling God and humanity. The work of our daily lives — schoolwork, chores, clubs, teams — can seem meaningless and boring. But all work, no matter how mundane, is an opportunity to draw closer to God. Many in our world are unable to work or have no option but to work in poor conditions for unfair pay. Let us not take our work for granted, but instead, unite our daily tasks to Christ's saving work and offer them up for workers in need.

Prayer: Christ, make us instruments of your justice. We thank you for taking up your cross for us. Help us do our work well and care for those in need of just, ethical work.

THIRD STATION: JESUS FALLS THE FIRST TIME

Corporal Works of Mercy — Feed the Hungry

Reflection: Falling to the ground, Jesus' body, already broken from being scourged and carrying the heavy cross, breaks a little more — the same body that is broken and shared with us in the Eucharist. We often take the sacraments for granted. We forget that many people throughout history and some today lack easy access to the sacraments. Many also lack easy access to the food they so desperately need to survive — not just people in distant lands, but within our own country, too. We have easy access to stores, money, gifts cards, and the internet. Have we used those resources to help bring physical and spiritual nourishment to others? Or have we taken them for granted, too?

Prayer: Lord, make us instruments of your justice. In your death and in the Eucharist, you have given your body for us. Open our eyes to what we can give to help those hungering for food and your presence.

FOURTH STATION: JESUS MEETS HIS MOTHER

Corporal Works of Mercy — Shelter the Homeless

Reflection: In Mary's arms, Jesus finds a home along the walk to Calvary. Mary has always cared for Jesus' every need. Caring for Jesus in this dark moment reminds us of other difficult times for the Holy Family — like leaving their home to travel to Bethlehem and fleeing Herod's persecution to escape to Egypt. Just like the Holy Family did, many in our world face homelessness. Some lack a physical house and family and friends who will take them in. Some have been displaced by war, poverty, and natural disasters and now make their way in an unfamiliar town or country. We are a human family; let us find ways to welcome our brothers and sisters into our country, towns, and homes.

Prayer: Savior, make us instruments of your justice. You told us that the Son of Man had no place to rest His head. May we treat sheltering others who are experiencing homelessness the way we would treat you.

FIFTH STATION: SIMON HELPS JESUS CARRY HIS CROSS

Catholic Social Teaching — Call to Family, Community, and Participation

Reflection: We all know how it feels for a teacher to call on us when we did not raise our hand. How much worse must Simon have felt when he was called to participate in carrying the cross. But Jesus could not carry the cross alone and we cannot carry our crosses alone, either. Despite our differences, we are one human family, one community. Christ calls us to be Simon, participating in and caring for society and one another's lives. How beautiful to remember that whether we are able to help or in a position where we need help, we are never alone.

Prayer: Redeemer, make us instruments of your justice. You called Simon to participate, in a small way, in our salvation. Remind us of Simon's example as we participate in our communities.

SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

Corporal Works of Mercy – Visit the Sick

Reflection: Veronica sees that Jesus is in need of help. She goes to Him and wipes the blood, spit, and dirt from His face. She does not care that He is considered a criminal or that tending to His wounds would probably make her ritually unclean. We have all been sick and around others who are sick. Some of us may have even encountered people who were dying. Being around illness and death can be uncomfortable. But that does not stop Veronica from caring for Christ and it should not stop us from caring for the sick either.

Prayer: Messiah, make us instruments of your justice. Veronica did not let herself — her fears, her discomfort — prevent her from helping you. May we follow her example and put the sick and dying ahead of ourselves.

SEVENTH STATION: JESUS FALLS A SECOND TIME

Corporal Works of Mercy – Give Drink to the Thirsty

Reflection: Jesus has encountered so many difficulties along the way to His Crucifixion. His body is exhausted. Walking has become excruciatingly painful. And He falls again. In some parts of the world, people — often women — spend hours every day walking to get water. Often that water is not actually clean, but simply seems safe enough to use. Christ, the living water, takes up His cross again and walks alongside these women as they carry their water. What can we do to walk alongside Christ and these women, too?

Prayer: Jesus, make us instruments of your justice. You have given yourself as living water to all who thirst for you. Open our eyes to the ways we can help those experiencing physical thirst and lacking access to clean water.

EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM

Catholic Social Teaching – Solidarity

Reflection: The Gospel of Luke shares that throughout His walk, Jesus is followed by a crowd. In the midst of these angry faces, Jesus sees a group of women crying for Him. And in a twist, Jesus comforts them in their grief, even though He is the one heading toward His death. This interaction speaks to solidarity — truly loving others as we love ourselves. Luke does not say if the women knew Jesus. They may have been complete strangers, but they saw Christ as a brother and wept at the injustices He faced. Christ puts aside His own needs to care for them, reminding us that no pain is too great to stop us from helping others.

Prayer: Christ, make us instruments of your justice. In all things, you have put the needs of humankind above your own. Inspire us to show this same selfless love to others in our human family.

NINTH STATION: JESUS FALLS A THIRD TIME

Catholic Social Teaching – Option for the Poor and Vulnerable

Reflection: Christ, incredibly weakened by His long journey to Calvary, falls a third time. It seems that at this point, He is at His most vulnerable – barely holding on, knowing the hardest part is yet to come. Our world is so quick to discard people. We quickly forget celebrities from old musical groups, TV shows, and movies. How much easier is it to forget about the poor and vulnerable in our communities? The Church declares that we, as individuals and as a society, should have a preferential option for the poor and vulnerable, putting their needs first in our considerations. As we look at the fallen Jesus in His vulnerable state, can we really turn our back on the poor and vulnerable in our world today?

Prayer: Lord, make us instruments of your justice. You told us that your power is made perfect in our weaknesses. Let us see the weakest among us – the poor and vulnerable – with your eyes, knowing they are held close to your heart.

TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

Corporal Works of Mercy – Clothe the Naked

Reflection: The guards take away Jesus' clothes, leaving Him completely vulnerable and exposed. Likewise, many today lack clean clothes that could help them land a job, clothes that could help them keep warm, and many other basic material goods that help us live well. But even more important than losing His clothes, Jesus is treated without dignity. So many in our world encounter this same treatment. Sexual sins in particular strip away our ability to see one another as humans, as sisters and brothers. Our world needs serious help in many ways, but it starts within our own hearts.

Prayer: Savior, make us instruments of your justice. You, who should be treated with highest respect, humbled yourself to become man and die for us. Change our hearts so we are not too proud to provide for others nor too proud to address our own spiritual poverties.

ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

Catholic Social Teaching – Rights and Responsibilities

Reflection: The Church teaches that social justice requires a balance. Society must protect everyone's God-given rights and, in turn, everyone has responsibilities to help society.

And here we see Jesus, our king, our God, having His basic right to life taken away. Why? Because He freely took on the responsibility of saving us from our sins. Yet, we complain so readily when our perceived rights are violated and often choose to throw off our responsibilities. What a beautiful, selfless example Christ has given to us.

Prayer: Redeemer, make us instruments of your justice. You took on a responsibility that was not yours only to be violated by those you came to help. Teach us to take on our responsibilities selflessly and to stand up for the God-given rights of all.

TWELFTH STATION: JESUS DIES ON THE CROSS

Catholic Social Teaching – Life and Dignity of the Human Person

Reflection: Here, Christ gives us the ultimate sacrifice. He calls us His friends and willingly lays down His life for us. In His death, Christ atones for all of our sins — even the most unthinkable evils. Since the Fall, our world has been filled with sins against human life and dignity — violence, murder, torture, and other unbearable wrongs. Jesus could have looked at our broken, sinful world and said, “No, thanks. They are not worth saving.” But He took on our worst sins without thinking twice. Let us rejoice in the immense, unfathomable love our God has for us.

Prayer: Messiah, make us instruments of your justice. You lay down your life and your dignity to atone for our sins and reconcile us to you. Give us your eyes to clearly see the beauty and dignity of every human life.

THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

Catholic Social Teaching – Care for Creation

Reflection: As God created the world, He saved man and woman for last. All of creation is beautiful, but we often forget that creation includes humans, too. Jesus’ body, the pinnacle of creation, comes down from the cross. The friends who remained with Him treat His body with the utmost respect as they prepare Him for burial. Do we treat creation with the utmost respect? Do we take care of our bodies, knowing God created them in love? Do we look at the Earth as our home that deserves to be cleaned and preserved? Or do we treat it as a home we can trash and hope someone else cares for?

Prayer: Jesus, make us instruments of your justice. You became man and entered into your creation, lived among your creation, and died for us — part of your creation. As we walk through the created world, remind us to treat it with respect and care.

FOURTEENTH STATION: JESUS IS LAID IN THE TOMB

Corporal Works of Mercy – Bury the Dead

Reflection: We know that this story has a happy ending. We know that Jesus rises on Easter Sunday. But imagine how His friends must have felt; they did not know what we know. Not only have they lost Jesus, but now the amazing things He preached seem too good to be true. We feel these same things when loved ones pass away. We lose that person but are afraid of losing memories of them and fear we may never encounter them again. We must trust in the God who rose from the dead, trust that there is communion with Him and all of the saints in heaven.

Prayer: Christ, make us instruments of your justice. We cannot imagine how dark the world would be without your presence. We look forward to the joy of heaven, basking in the glory of your presence, and pray that all who have gone before us are already there with you.