Session Two

SPACIOUSNESS
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WELCOME (30 minutes)
• Refreshments and/or food served
• Light-hearted and social atmosphere

PROCLAIM (5 minutes)
• Host leads opening prayer

  Let us begin with a very slow and intentional signing of the cross.

  In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Lord, on this Lenten journey, give me the courage and commitment to walk the steps of the Calvary Road with You. As You say to the lepers and the sinful woman, “Your sins are forgiven” may I, too, welcome Your loving mercy, drenching my soul with healing. When the stories of my life feel too great for my human heart, may I hear Your words, “have faith. I am with you always.” As the apostles responded to Your call to “come and follow me” help me find the courage to leave that which holds me back – fear, anger, doubt, pride. Sear into my soul the conviction of the blind man who cried out “Lord, that I may see” and help me to embrace a vision of life that brings civility and true justice. As You say to the apostles “this bread is my Body, take and eat. Do this in memory of me” may I celebrate the Bread of Life in Your Eucharist, and allow it to satisfy the hungers of my soul. So, dear Lord, on this Lenten journey, please guide me as I navigate the rocky ground that blocks me from hearing Your Word, so that I may “yield thirty, sixty and a hundred fold” in kindness and good works.

Amen. ©jfb

Watch the video (7 minutes and 52 seconds)
DISCUSS (40 minutes)

Fr. Jim Clarke in his book, Soul-Centered, quotes Fr. Richard Rohr who said, “How we view anything is how we view everything.” Take some time to take stock of how you view things around you and respond to the questions below.

• What image of God do you have? Is it an image of a spacious God or that of a narrow God?
• What truly enlivens you? What constricts you? What type of spirituality can support the work of being a person of joy and of a mature understanding of God?
• How you see reality, yourself, and all things, tells the story of your life. What image of yourself do you have? How have you entered into your own story? In a way that imprisons, liberates or heals you?
• How do these images affect your relationship with others? Are there relationships that have been imprisoned, liberated, or healed?
• Where is God inviting you to move out of your comfort zone into a transformative life?
• What practices resonated in you as a way to explore the Spaciousness of God?

CLOSING PRAYER (5 minutes)

• Read the following prayer with your group for closing prayer.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Father, where there is impatience, let me bring kindness. Where there is strife, let me bring harmony. Where there is hurt, let me bring healing. Where there is rigidity, let me bring openness. Where there is judgment, let me bring understanding. O wide and Spacious Love, turn me toward your unconditional acceptance. I seek to be a vessel of your great love. Let me carry your love into all parts of my life and pour it forth willingly and generously. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.
IGNATIAN AWARENESS EXAMEN (5 minutes)

First try to relax and be at peace. Respond in the quiet of your heart to the following guidance.

Thank God for something you are grateful for. *(Host should allow 10 seconds)*

Ask God to help you look back over the day. *(Host should allow 3 seconds)*

Ask yourself:
- What are the good things that happened to me today? *(Host should allow 1 minute)*
- What good things did I do today? *(Host should allow 1 minute)*

I thank God for all these things.

Now ask yourself:
- What was not so good about today: the things that annoyed me, frustrated me, hurt me, made me feel sad? *(Host should allow 1 minute)*

Ask God to help you with these things.

I also ask myself:
- What things did I do today that were not so good. *(Host should allow 1 minute)*

I tell God that I am sorry for these things.

Now look ahead.
Ask God to help you be a better person tomorrow than today. *(Host should allow 3 seconds)*

Together let us finish with the prayer that Jesus taught us: the Our Father.