

IHM Direction Statement 2018-2022

Reflection and Discussion for Associates #3

We....Delve Deeply Into Our Brokenness and Shadow



IHM Direction Statement

We, Sisters, Servants of the Immaculate Heart of Mary, and Associates, rooted in God and the Gospel, search for prophetic ways to live our vowed and committed life in a world hungering for justice and meaning. We steep ourselves in prayer and contemplation, delve deeply into our brokenness and shadow, and embrace our giftedness and vulnerability, as we share in a life of radical interdependence. On fire with the passion to love unconditionally, we desire to be in the midst of the pain of our world and join with others in seeing and being the light that shines through the cracks of broken hearts. We use imagination, creativity, and fresh thinking to bring about God's dream for our beautiful, yet wounded world.

Our IHM Direction Statement presents numerous challenges. It calls us to delve deeply into admitting our brokenness and shadow which seals our oneness with others as together we journey toward God as a community of disciples.

“God will never leave us in our brokenness as long as we remain the people of hope we have been called to be. Going deep into this pain, admitting this pain and finding Jesus beside us is blessing indeed. Finding others and being willing to share and be one with them is increased blessing.”

Song: *I Am For You*

<https://youtu.be/0cMxLCOmwMw>

Read - Pray - Reflect on these Scripture passages.

The following Scripture passages speak to our heart and spirit in times of brokenness and in recognizing our shadow. Reflect on ways to “delve deeply into “our brokenness and shadow”.

The Compassion of Jesus – Matthew 9:36

“At the sight of the crowds, his heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd.”

We often feel overwhelmed and alone when confronting people and situations.

When this happens, what can you do to radiate Jesus' peace and respond with compassion?

When have you encountered someone troubled and responded with compassion?

Walking on the Water - Mark 6:48, 50-51

“Then he saw that they were tossed about while rowing, for the wind was against them.....he spoke to them “Take courage, it is I, do not be afraid.” He got into the boat with them and the wind died down.”

Jesus got into the boat with them. Being truly with those who are troubled can be challenging.

Allowing others to be with you can also be challenging. When have you felt the calming presence of someone, or others when you have been broken and tossed about by a situation?

The Betrayer- Matthew 26: 21

“And while they were eating, he said, “Amen, I say to you, one of you will betray me.”

Jesus felt he could make this difficult statement in the presence of those he trusted. With whom can you express your fears when sensing something wrong?

Last Supper Discourse - John 13:41 - 14:1

“Jesus was deeply troubled and testified...”I say to you, one of you will betray me.”

“Do not let your hearts be troubled. You have faith in God; have faith also in me”

Jesus shared a deep reality with his friends. Then he addressed the importance of faith. Why is it life-giving to share your pain and be reassured of hope in our loving God?

Attuning to the Spirit:

In what ways do these Scripture passages speak to you or others as you consider the importance of delving into your brokenness and shadow and sharing ways that hope can be restored?

Our Direction Statement assists us in being disciples while admitting our brokenness, our loneliness and sadness. These times can help us connect more deeply and honestly with others as we journey together toward God.

Jesus was unafraid to allow others to touch His broken spaces. In the desert and on the cross, He pleaded His Father to heal the broken spaces in His heart. He was aware that they could be filled either with God’s love and strength or with ugliness and division. He chose the former and we must as well. Let Jesus’ words fill us as we experience our brokenness “Do not be afraid. I am with you.”

Reflect and Share:

- *How has your hope been restored through an experience of brokenness?*
- *How has sharing pain and struggle with others been life-giving for you?*

Sending Forth

Our prayers become life-giving to others when we open our hearts to God's grace and transformation. Let us strive to interact authentically and honestly with others, respecting diverse opinions.

Song: *Bridge Over Troubled Waters*

<https://youtu.be/v9-fdHqBJ98>

Source: Heart of Spirit Weekly Blog – Sr. Nancy Elder IHM