

IHM Direction Statement 2018-2022
Reflection and Discussion for Associates #2
We Steep Ourselves in Prayer and Contemplation



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 steep ourselves in prayer and contemplation as we become united with God and one another. We can easily become engrossed in our daily routine and prayer is often neglected. We need to take time to be present to God, to listen, to allow ourselves to feel and God will do the rest.

“As we attempt to keep God as the center out of which all things flow, prayer needs to be the conduit to growing and going deeper and deeper. Prayer holds us together. Prayer energizes us. Prayer picks us up. Prayer unites us to Jesus in the Gospels.”

Song: *I Am For You*

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

Read - Pray - Reflect on these Scripture passages

Jesus taught us about prayer in the Scripture. He prayed alone, with His disciples and with the crowds. He prayed in times of tiredness, distress and happiness. As you pray these passages, reflect on your own prayer life and how you have grown over the years.

The Transfiguration – Luke 9:28-29,35

“Jesus took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothes became dazzling white...A voice said, “This is my chosen Son, listen to Him.”

God is always present in our prayer urging us to listen. Sometimes we may feel His Presence and perhaps become overwhelmed.

When has your prayer been a Transfiguration experience? When have you felt God's Presence and heard His voice?

Praying on the Mountain - Luke 6:12-13

“In those days he departed to the mountain to pray, and he spent the night in prayer to God. When day came, he called his disciples to himself and chose Twelve whom he also named apostles.”

Jesus often prayed on the mountain alone especially before making decisions. In the quiet and solitude, He communed with God.

Where are your favorite places to pray? What helps you to find the “mountain” within and be alone with God?

Blessing of the Food - Matthew 14:13,16,19

“The crowd heard of Jesus and followed him into the town...Jesus said to the disciples, “There is no need for them to go away”. He ordered the crowd to sit down on the grass. Taking the five loaves and two fish, and looking up to heaven, he said the blessing...”

Jesus prayed aloud with the crowd that was gathered. His private prayer overflowed to the crowd. How have you been fed in private prayer in ways that strengthen your prayer with and for others?

The Gentle Mastery of Christ – Matthew 11:28-29

“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 yourselves.”

Sometimes we need simply to be fed by Jesus in prayer. We need to be quiet and to listen.

Attuning to the Spirit:

How has quiet and listening deepened your prayer and contemplation?

Are there ways that you have felt ‘steeped...in prayer and contemplation’?

Our Direction Statement assists us in being disciples willing to steep ourselves in prayer and contemplation. Very cognizant of God’s Spirit present among us and of our deep dependence on the God within, we open ourselves to pray as Jesus did.

Prayer is a not a new idea but one that permeates who we are all the time. There is no doubt that without the time to enrich and enliven our God quest, our personal and communal challenges are for naught. It is essential to take the time each day to pray and to listen.

Reflect and Share:

- **How has your daily prayer influenced your decisions and relationship with others?**
- **Identify some ways your IHM commitment has been strengthened through prayer.**

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: *Your Words Are Spirit And Life*

With visual and words: <https://youtu.be/kLtJbB0bWYs>

Without words: <https://youtu.be/kLtJbB0bWYs>