

Conference 2

Resolutions Using Signs of Spiritual Growth

1. Summary Points of Conference I:

- a. We have something in common with St. Paul becoming Christian.
- b. Our personal Christianity involves:
 - i. Call to Prayer
 - ii. Call to Holiness
 - iii. Call to Discipleship
- c. We have in common with St. Paul the fact that God speaks to us, too.
- d. God spoke to Elijah quietly, similarly to our meditative praying.
- e. Reflecting using AIR helps us to receive the love and knowledge God gives us.

2. Feedback from participants on their task.

- a. What struck you? What did you write down as a result of reflecting on what you read in the Gospel passage?
- b. Did God speak to you?
- c. Did God give you something to know?
- d. Did you have the experience of God's love?
 - i. Touching Christ's heart & feeling Him touch ours

3. Meditation leads a person to God's love.

4. Example of Jesus meditating and be moved to love.

- a. **Luke 10:21** "At that time Jesus, full of joy through the Holy Spirit, said, 'I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.'"

5. The Awakening of Love.

a. Meditation awakens us to being loved.

- i. (p. 319, par. 3, *Spiritual Theology*, Jordan Aumann). "Discursus (which means exploring thoughts) is merely a preparation for the arousal of love."
 1. This can be a feeling, but not necessarily.
 2. Mostly, it is the simple realization that God has given me something out of love.

3. Whatever the result of our meditating, we are assured that God has loved us.
 - b. **We must respond with an act of love to the love that God has given.**
In this act of love for us we know that "...an intimate contact is established between the soul and God, and *then it is that the soul can truly be said to be praying*" (p. 319, par. 3, *Spiritual Theology*, Jordan Aumann).
 - c. **Our act of love to God must be completed with a practical resolution.**
"Love cannot be idle, by its very nature it urges us to action. When the meditation has passed through the steps of discursus (exploring thoughts) and acts of love, charity impels us to put love into action" (p. 319, par. 3, *Spiritual Theology*, Jordan Aumann).
6. **Love is at the root of meditative prayer.**
 - a. About meditative prayer St. Teresa says, "...meditation consists not so much in thinking a great deal but in loving a great deal" (p. 319, par. 3, *Spiritual Theology*, Jordan Aumann).
7. **Meditative prayer fosters growth in virtue and holiness.**
 - a. "Blessed are those who hunger and thirst for holiness, they shall have their fill" (Matt. 5:6).
 - b. "By their fruits you shall know them. Do men gather grapes or thorns, or figs or thistles?" (Matt. 7:16).
 - c. "...the fruits of the spirit are love, joy, peace, patient endurance, kindness, generosity, self-control, and charity" (Gal. 5:22-23).
8. **Area of spiritual Growth from Meditative Prayer Done Over Time**
 - a. **Conclusions.**
 - i. Understanding the profile of a holy and virtuous person.
 - ii. Imagining what day-by-day resolutions allowed the person to be transformed by God in order to become more holy and virtuous.
 - iii. Realizing that meditative prayer opens people to be moved by God's love to become more like Him...
 1. In order to be saved.
 2. In order to be a productive disciple.
 3. In order to build up His Kingdom on earth.
 4. In order to have the highest level of intimacy and friendship with God.
9. **Resolution:** Choose something practical and concrete to remember or to do based on your meditation to stop a vice and practice the conquering virtue.
 - a. Look over what you reflected on and wrote down, what struck you, from the Gospel passage you were given earlier.
 - i. Acknowledge that you have been loved by God
 1. Thank Him for His intimacy and friendship.

- ii. Tell God you want to do something for Him
 - 1. Love answered with love
- iii. Decide on some small action
 - 1. Ask yourself, “What small act of love can I give God for what He has given me during my time of meditative prayer?”
- iv. Review at the end of the day whether you completed the action.

Summary of Conference I & II, Mental Prayer:

- 1. Read:
 - a. Scripture
 - b. A commentary on the daily Scripture
 - c. A book designed for meditative prayer.
- 2. Reflect: Think about what struck you.
 - a. Using AIR as a guide to help you reflect.
 - b. Write down what you noticed.
 - c. Think about what you noticed.
 - d. Write your thoughts about what you noticed.
- 3. Resolution: Choose something practical and concrete to remember or to do that day based on your meditation to stop a vice and practice the conquering virtue.
 - a. Love God in gratitude for what He has revealed to you.
 - b. Tell God you want to do something for Him.
 - c. Choose some small action you will do.
 - d. Review whether you completed the action at the end of the day.