



Thrive For Life Prison Project

Healing. Reconciliation. Empowerment.

Matthew 22: 34-40
When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a scholar of the law tested him by asking, "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

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THE COMMANDMENT OF LOVE

Matthew 14: 22-33

"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind, This is the greatest and first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

Jesus' whole time on earth was all about love and compassion. He showed love to the so-called undesirables. Where others ignored them, he embraced them in love.

Jesus always taught love, if you truly love God, then how could you hate someone else. Jesus led by example, he showed love to all. Even on the cross, he forgave those who crucified him. He could only do that out

of love.

Loving others you do not like is not easy. But if you truly love God, then loving others is not hard. God gives his love freely, all we have to do is seek him out. For us we should also give our love freely. we might not agree with everyone, but that is no reason to hate them. Show love and you will be a better person for it.

For me it is not easy to love those I do not like, but each day it gets easier knowing that God loves me, so why should not I show that same love to others. I am not perfect, so why should I seek perfection in others. Jesus has to be smiling down on us when we show love for others.

Chris (Otisville)

SUNDAY

October 4
October 11
October 18
October 25

GOSPEL

Matthew 21:33-43
Matthew 22:1-14
Matthew 22:15-21
Matthew 22:34-40

QUESTIONS FOR REFLECTION

Thinking about this reflection, pray with the following questions and write down your responses on a separate sheet of paper.

1. The understanding of Christian love focuses not only on passion or affection, but also on mercy. I can't choose how I feel, but I can choose how to act. How can I actively and lovingly commit myself today to the lives of others?
2. In this time of prayer, what does it mean to love myself today? What does it mean today to love my neighbor?

FEAST & CELEBRATIONS

October 1- Thérèse of the Child Jesus, Memorial
October 2- Guardian Angels, Memorial
October 7- Our Lady of the Rosary, Memorial
October 15- Teresa of Jesus, Memorial
October 17- Ignatius of Antioch, Memorial
October 22- John Paul II, Opt. Mem.
October 24- Anthony Claret, Opt. Mem.

MONTHLY EXAMEN

After reading the quote on the top of the first page, prayerfully reflect with this month's Examen.

Intro

Jesus asks us for more than being attentive; paying attention is not enough. He wants us to be where he is, led totally into the life of God. Heart, soul, and mind show me how fully Jesus thinks of love. No one is left out and no one is excluded as long as God's love brings me, beyond myself, to loving contact with those around me.

Presence

Become aware that God's presence is active at each moment of your life, looking at you with love, desirous of speaking directly to your heart. How do you feel at this moment?

Ask

Ask God for the grace to live my life as a gift to others.

Gratitude

Be grateful. Thank God for the gifts of the day, both big and small. What are you most grateful for today?

Review

The Pharisees want to tempt you by posing a difficult question that they themselves discussed. For Jesus the answer is clear: love of God and neighbor. If we look at the life of Jesus, there is no doubt what love means or who our neighbor is. For him, love is the total surrender of life and the neighbor is all the men and women of the world, even the enemies. The love of God is demonstrated and lived in the love of the brothers. To love God is to recognize that the world has meaning, that the universe has been created by his love, and that love has its reason for being. Loving others is the coherent way of corresponding, grateful, to the immense love that God has first poured out on each one of us.

Respond

You are not stuck. Tomorrow is a new day. Ask God to give you the grace to be the loving and generous person you were created to be. What can you do tomorrow to be more generous and loving?

LECTIO DIVINA

Additional Passages: Isaiah 45:1, 4-6; Philippians 4:12-14, 19-20; Isaiah 5:1-7; Exodus 22:20-26

Choose one Gospel reading or additional passage from this month. Read it slowly and prayerfully, listening for particular words or phrases that you are drawn to (this is God wanting to speak to you!) and write down the word or phrase that you picked out. St. Ignatius said how important it was to write down what happens in our prayer, so we should do the same!

After you've picked out the word or phrase from the reading, read the passage again and focus on the following questions:

Why am I drawn to this word or phrase? Was it because of a blessing I've received? A challenge I've experienced? A hope that I've had? It reminds me of something close to my heart?

How, in the past week or month, can this word or phrase guide me in making good decisions and/or dealing with things in my life?

What in these readings gives me hope that God is with me and will continue to guide me?

Once you have prayed with these questions, write down what came up in your prayer.

Repeat this prayer for as many passages you wish and then sit quietly before and after to experience the full effect of the living word of God.

From our Spiritual Mentors to all of you

Sometimes we think of you being isolated from us; sometimes we think of ourselves being isolated from you. But however we look at our isolation and yours, we know that we're in this distressing situation together and maybe together can find comfort in Jesus' words: "I will not leave you orphaned; I am coming to you." (John 14:18) Please know that every Wednesday, the Thrive For Life Spiritual Mentors gather to pray at 8PM. Please join us in prayer from where you are!



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