

Developing a Relationship with God in All Three Persons

Daily Meditation Guide

Written by
Dec. Darrell Wentworth



Developing a Relationship with God in All Three Persons

We encourage you to submit daily meditation questions for possible inclusion as well as suggestions/modifications for any particular talk to deacon.darrell@cox.net.



Developing a Relationship with God in All Three Persons

WEEK 1: STAGE ONE OVERVIEW

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

- Day 1: Read Acts 8:26-40. St. Philip is not mentioned much in the scriptures; his witness to the Ethiopian in Acts is the most profound. Padre Pio in the 1930s through 1950s is reported to have similar occurrences. What does this story say to you about the power available to God's people?
- Day 2: Read Luke 3: 7-20. Meditate on John's role in Jesus' ministry. How do we fulfill a similar role to Jesus' ministry in our home, parish, neighborhood, and diocese? What did John say Jesus would do once he came to earth?
- Day 3: The last five popes have prayed for every Catholic to experience a greater presence of the Holy Spirit in their lives. Meditate on your awareness of the Holy Spirit in your daily life. Call to mind when you sensed God present to you.
- Day 4: One fruit of the resurgence of the Baptism in the Holy Spirit is the Church's commitment to the ecumenical movement. Meditate on your involvement with Christians of other traditions. What is your attitude towards Christians who do not practice Roman Catholicism? Does this attitude extend to other Catholic Traditions who are in communion with the Pope? What do you think God's opinion is toward Church Unity?
- Day 5: The church teaches us that one form of evidence of the Holy Spirit in our life is a conviction that God the Father deeply loves you. How does God show you His love? How would you like God the Father to show you His love? How do you show God that you love Him?
- Day 6: The Church has discerned that the Holy Spirit has inspired Ecclesial Movements to help form the laity and bring them to a deeper commitment of faith. What movements have you been exposed to? (This may take some research on your part.) Which movements intrigue you that you may be interested in joining?



Developing a Relationship with God in All Three Persons

WEEK 2: OUR PERPETUAL “YES”

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

Day 1: Read Luke 1: 26-38 slowly. Write down one or two impressions that you received while reading. Think about how you would have responded to the Angel. What would you have handled differently? Why?

Day 2: Think about your relationship with your best friend. Why is that person so important to you? This person’s character strengths can point to areas where you can grow deeper in relationship with God. Meditate on how this will help you understand God’s love for you.

Day 3: Think about the various times in your life when you have said “yes” to God, even though it was difficult. What were the results of those decisions in your life?

Day 4: Read 1 John 4: 18-19. How do you relate to this scripture passage? What life experiences came to mind as you read it? Why do you think they came to mind? How does God want to perfect His love in you?

Day 5: Read 1 Corinthians 13: 4 -8a and change the word “love” to the phrase “God the Father.” Then reread it for the Son and the Spirit. How does that change your image of God? What caused your initial image of God?

Day 6: Spend some time today -at least 30 minutes- alone with God. Take some water and a note pad. As you are going to a place where you can have limited distractions, ask God to bring to mind things that could help your relationship with him. Don’t talk; just pretend you are with your natural best friend and listen in your conscience. As a thought comes to mind, write it down for later. At the end of the day, or at Mass, take out the list and think about what you wrote.



Developing a Relationship with God
in All Three Persons

WEEK 3: KNOWING WHO WE ARE IN CHRIST

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

Day 1: Read Ephesians 1:3. Your baptism has given you every spiritual blessing in the heavens. What does that mean to you? How should this knowledge modify your behavior?

Day 2: You have been anointed a common priest. Meditate on the actions of a sacramental priest. Make a list of his actions. How can you modify your life to become a better common priest?

Day 3: You have been anointed a New Testament prophet. This means you are called to “bring the Word of God” into the present situation. Think of how you can apply this call, the way Jesus did.

Day 4: You have been given Jesus’ kingly authority as a servant king. Think of ways this should change your behavior and attitude to your life’s circumstances.

Day 5: Read 2 Corinthians 5:16-19. What does it mean to you to be a minister of reconciliation and how does that change your attitude toward your baptismal call?

Day 6: Read 2 Corinthians 5:20-21. You are Jesus’ ambassador. Meditate on this concept and ask God to make it a reality in your life. Ask God to confirm this concept to you during your next Mass.



Developing a Relationship with God
in All Three Persons

WEEK 4: DEVELOPING YOUR CONSCIENCE

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

Day 1: Read CCC 1776. Take note of the order the Church uses to describe the purpose of our conscience. Meditate on the different understanding of the concept of conscience prior to this discussion, and why.

Day 2: Read John 10: 22-30. Meditate on the concept of Jesus as the shepherd and you as a sheep (not a lamb). What do you need to change in your life pattern to become more of a sheep?

Day 3: Read John 10: 31-42. Notice the end verse that “many began to believe” because of the good words Jesus performed in the Father’s name. What does this say to you about your faith?

Day 4: Read Matthew 28: 16-20. Notice that Jesus has been given “all power (authority) in heaven and on earth.” That power (authority) he gives to his DISCIPLES. Meditate on your progress in becoming a disciple, not just a convert.

Day 5: Mediate today on how you, a true disciple of Jesus, should act if all of Jesus’ authority and power has been given to you. Allow the Father to teach you, by thinking about yourself from the Father’s perspective.

Day 6: Read Luke 10: 1-12. Jesus sent his disciples out into the world in groups of 2 to places He intended to visit. Think about the places in your life that need a VISIT from Jesus. What other person could you partner with to help you prepare that place for a visitation from Jesus? What plan should you implement?



Developing a Relationship with God
in All Three Persons

WEEK 5: BUILDING A CHARISMATIC LIFESTYLE

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

Day 1: Read 1 Corinthians 3: 1-23. St. Paul chides the Corinthians for not growing up spiritually, but instead choosing to remain “in the flesh” and holding onto factions. The goal is to “build the house” that the Lord intends for you. There are two points to consider: Have you given God permission to build your house? Are you trying to live another person’s spiritual life (live in another person’s house) rather than growing in spiritual maturity for yourself?

Day 2: Meditate today how modifying your life routine so that you can become more open to the grace Jesus’ is offering you in the sacraments impacts your call to holiness and evangelism in Jesus’ ministry.

Day 3: The Eucharist and the sacrament of reconciliation are two primary sacraments which fill us with the grace needed to internalize the gifts given to us at Baptism. How do you prepare for celebrating the Eucharist? How often do you accept God’s offer of restorative grace by going to sacramental reconciliation? What should change?

Day 4: One of Dcn. Darrell’s points in sharing the story about “the teenage boyfriend named Tom” was how God restored a marriage through Dcn. Darrell by his act of listening to the Father’s voice in his conscience. This demonstrates that God can use anyone --even a young, newly committed, and inexperienced Christian-- if the person is willing to say “yes” to God’s voice (word). What fears do you have in saying “yes” to the Father to be used in Jesus’ prophetic ministry?

Day 5: At confirmation, we each made a vow to the Holy Trinity to become a Bold Witness to the Gospel of Jesus. Meditate on your vow today and ask the Holy Spirit to bring to mind the Father’s impression of your progress in fulfilling your vow. Then ask Jesus’ forgiveness for anything and go to confession. Vow to do better.

Day 6: Read John 14: 8-14. Think about what the Father wants you to internalize about the truth of who you are in Jesus and about the types of good works He wants to accomplish through you. Write these down and share them with a trusted, spiritually mature friend.



Developing a Relationship with God
in All Three Persons

WEEK 6: PERSONAL EVANGELIZATION

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

- Day 1: Think about the chart of personal evangelization. Meditate on levels 1 and 2. Consider the group discussion answers to question 3. How do these concepts affect your mind (thinking, theology) and your emotion (belief, experience) as they relate to your understanding of God? Ask the Holy Spirit to open the eyes of your heart.
- Day 2: Think about the chart of personal evangelization. Meditate on levels 3 and 4. Consider the group discussion answers to question 3. What life experiences do you need Jesus to redeem? Have you surrendered them over to Him?
- Day 3: Transformation cannot occur without both parties agreeing to change whatever needs to be changed. God promises to be faithful to His part. But we must agree to be transformed. What does this say to you?
- Day 4: Accepting a call to holiness and learning to become intimate/docile with the Holy Spirit is necessary for all levels of this chart to become fully internalized so that He can transform us into the image of Jesus. Ask the Holy Spirit to reveal to you what “intimacy with the Holy Spirit” means to Him as He relates to you. Write down the answer and talk it over with a spiritually mature friend.
- Day 5: In the secular world there are countless vocations, all inspired by God as His provision for us. In the spiritual world there are only three-- all of which help us serve as the church in the world: Single for the Lord, Married in a Sacramental Marriage (which is what the majority of humans are called to in order to become holy), and Ordination. Meditate on your vocation. How is it helping you become holy and become an evangelist?
- Day 6: Meditate on your attitude to listening to the Father’s voice. Do you want to hear what He has to say? Do you want to understand Him? Do you want to grow in your ability to hear Him? Do you want the Father’s will to be the governing force in your life?



Developing a Relationship with God in All Three Persons

A Systematic Understanding of Evangelization



Developing a Relationship with God in All Three Persons

WEEK 7: THE GIFT OF TONGUES

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

- Day 1: Spend some time today thinking about the spiritual exercise mentioned in the video to help you release or even grow deeper in your use of the gift of tongues. Ask the Father to increase your desire for His gifts. During your prayer time, if you are ready, follow the exercise. Imagine your favorite picture of Jesus, praise Him in your native language out loud, and when you run out of words stay in prayer but allow the gift to release.
- Day 2: Read psalm 34: 2-3 (NAB). Frequently throughout the day praise God -- in tongues if you have released the gift, or in your native language if you haven't yet.
- Day 3: Read 1 Corinthians 14: 1-5. Meditate on the difference between Paul's desire for the Church's use of tongues and his desire for the use of prophesy. How can Paul's desire for these two gifts be fulfilled in our experience of church today?
- Day 4: Read 1 Corinthians 14: 13-19. Paul is speaking of the use of tongues during the worship service, not the private use in personal prayer. Pay close attention to verses 17 & 19. Notice how Paul states that tongues build us up but not the less mature in the Lord. How does that make you feel about your use of the gift?
- Day 5: Read 1 Corinthians 14: 20-25. Notice how Paul shares more detail of the use of tongues and prophecy during public worship. In our current experience of Mass, this would cause the focus to come off the Lord and onto the few who are exercising the gift. Think of ways you could exercise this gift and grow in its use during public worship. What needs to change in your weekly schedule to help you accommodate God's desire for you to grow in the use of this gift?
- Day 6: Read 1 Thessalonians 5: 16-22. Think of one pressing need for yourself or someone else. Pray for that person quietly in the Spirit at every opportunity throughout the day, while fulfilling your normal tasks. Write down your experience at the end of the day.



Developing a Relationship with God
in All Three Persons

WEEK 8: OUR NEED FOR COMMUNITY

Daily Meditation Questions – Our intent is for you to ponder this question in your heart (like Mary) throughout the day and then at night write down your response to the Lord.

- Day 1: Make a list of all of the communities (secular and religious) in which you participate. Examine your membership commitments in these groups. Do they help you grow in holiness and evangelization, or do they hinder you?
- Day 2: Read Acts 2: 42-47. In your soul (deep in your heart and conscience) what is God the Father trying to plant, like a seed, that could help you grow in your relationship with Him?
- Day 3: Read Hebrews 3: 12-15. In your day-to-day life, how can you take advantage of Paul's exhortation in verse 13?
- Day 4: Reread 1 Corinthians 14. Imagine Paul is talking about a prayer group versus the Mass. Think of ways you can practice using your gifts in this setting. What do you need to risk in order to grow?
- Day 5: Accountability groups are safe ways to grow spiritually by developing relationships with other members of your gender that are also pursuing holiness and authenticity. Ask the Father to lead you to those other two people who He wants you to get planted next to.
- Day 6: The Sacrament of Reconciliation is vital to our spiritual development. It is vital to our need to grow in relationships with others. We can never change anyone except ourselves, but we need to be willing to allow the Holy Spirit to convict us of our disordered desires. Research "Catholic examination of conscience" or go to <http://www.beginningcatholic.com/catholic-examination-of-conscience>. As you read the statements, make a mental note of your heart attitudes and ask the Holy Spirit to help you begin working on a couple of them at a time. Allow the sacrament of reconciliation to wash you clean of the actions you've committed in thought, word and deed, and the Eucharist to change your behavior by realizing Jesus' real presence in you as a temple of the Holy Spirit during times of temptation.

