



Day – 2  
Developing  
a Merciful Outlook  
in Life

# Review of Day 1



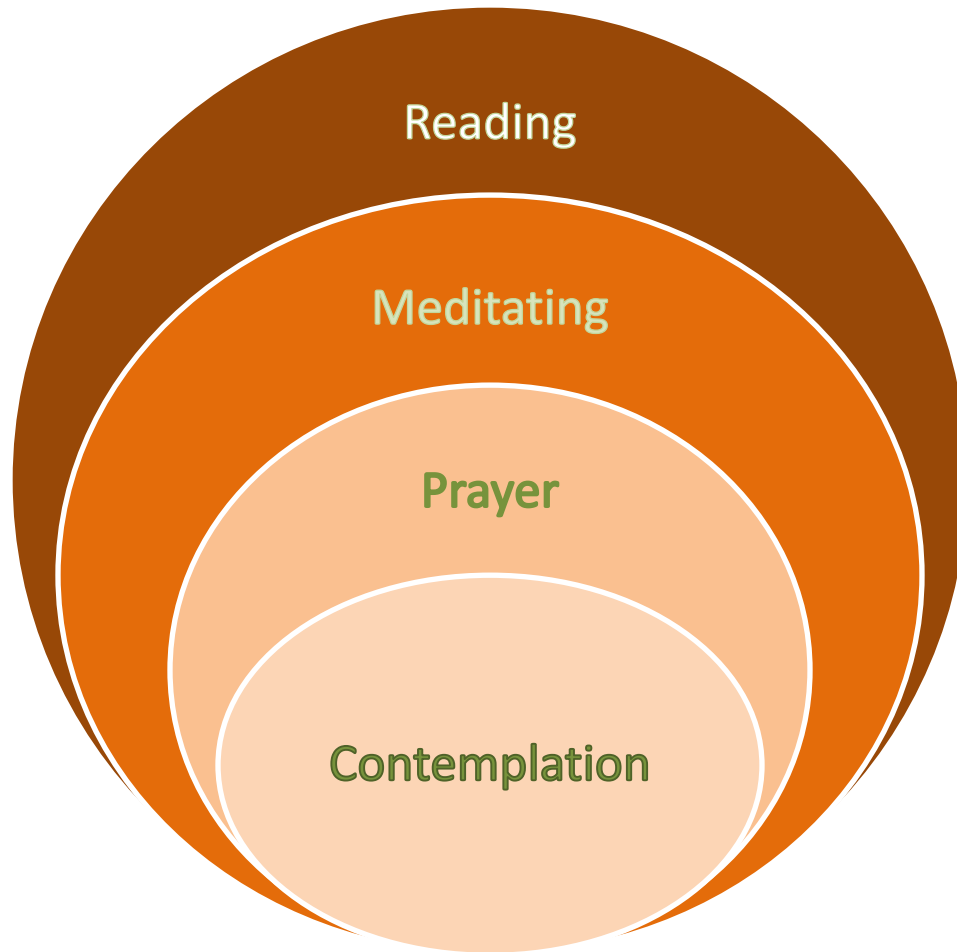
- We are constantly growing in our understanding of God
- Merciful God = The All Powerful God is deeply in love with me; He will surely use his power to do good for me (Rom 8:31-19)
- We need to keep growing from **fear & guilt** to **trust & confidence** in the Merciful Father

# Review of Day 1



- God gradually reveals himself in dialogue
- Human and Divine elements in Bible
- ...constantly contemplate the mystery of mercy; it is a wellspring of Joy, Serenity, and Peace (MV#2)

# Lectio Divina



Fr Mario Mendes

# Understanding Ourselves



- Temptations of Jesus (Lk 4:1-12)
  - Make bread... **Bodily** needs
  - Give you the kingdoms of the World...  
**Mindset** of power and domination
  - Jump down.... **Spirituality** of being spectacular

# Understanding Ourselves



## ➤ Body

- Wants v/s Needs (Mt 6:23-33)

- Stages of Life (Rom 12:1)

Childhood... Adolescence...

Young Adult... Mid-Life...

Ageing... Empty Nest

# Understanding Ourselves



## ➤ Mind

- Desire to Dominate / Control
- Discomfort with Diverse Views
- Self image: I'm OK, You are not OK
- Control v/s Letting-Go
- **Rom 12:2** – “...be transformed by the renewing of your minds...”

# Understanding Ourselves



## ➤ Spirituality

- 2Tim 4:3 ...
- Spectacular v/s Ordinary?
- Destructive or Healthy?
- Judgmental or Compassionate?
- Restless or Serene?



# Understanding Ourselves



## My Comfort level...

- **With my Body?**
  - Needs... Wants... Stage of Life
- **With Diverse Opinions?**
  - Control.... Self Image... Let Go...
- **With Silence?**
  - Spectacular... Judgmental... Restless

# Growing in Prayer



Fr Mario Mendes

# What is Prayer?



- Talking to God?  
it is an incomplete definition
- Prayer is **LISTENING** to God
- Sadly many of our prayers are...  
“Listen Lord, your servant is speaking”

# Ask And You shall Receive...



- Read Lk 11:13
  - Context of asking for an infilling of the Holy Spirit
- Read Jas 4:3
  - Asking wrongly...
- Read 1Jn 5:14
  - ...if we ask according to His will...

# Prayer



- not really about telling God what to do
- but seeking His will in our needs / problems.
- Read Mk 14:36
- “Father for you all things are possible; remove this cup from me; yet not what I want, but what you want”
- Model prayer is one that seeks self-transformation by accepting the will of God.

# Difference between ...

“Saying Prayers” and “Praying” ?

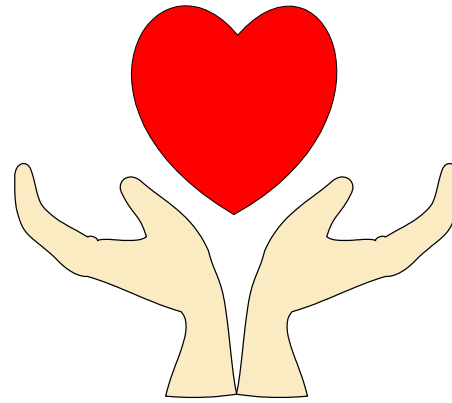


# Prayer is NOT...



- Meaninglessly reciting a set of words / following a pattern...
- A method to get things from God
- An escape from reality

# Prayer is...



- Loving Attention to God
- EXPERIENCEING God's presence
- LEARNING what God wants of us
- RESPONDING to the reality around us so as to bring about a transformation



# Paradox of Prayer

- When we approach God in prayer, it is actually God who is approaching us!
- Imagery of the Samaritan Woman
  - She went to the well seeking water
  - But actually it was Jesus who was approaching her with the offer of living waters
- “Prayer is a response of love to the thirst of the only Son of God.”

(CCC #2561)



# Test of Genuine Prayer



- **Fruit of the Spirit:**
  - Love, Joy, Peace...
- **Empowerment**
  - No growth by “saying prayers” or “talking” to God... may become an escape from reality...
  - Key to GENUINE prayer...

**LISTENING**

# Listening



- How do we Hear?
  - With our ears
- How do we Listen?
  - With our **WHOLE SELF**
  - All the time... (without ceasing...)

# Personal Prayer



- To train ourselves to Listen to God, else we may be listening to our own mind...
- Training of the whole self

# Training to Listen...



## 1. No External Disturbances

- ✓ Time and Place...
- ✓ Keep everything aside...
- ✓ Alert yet Relaxed posture...

# Training to Listen...



## 2. No Internal Disturbances

- ✓ Praise & Thanks... for Everything
- ✓ Humility... focus not on myself
- ✓ Surrender... Let Go...
- ✓ Patience... In His time...

# Training to Listen...



## 3. Listen in Silent Worship

- ✓ Nothing more to say...
- ✓ Silence...
- ✓ No thinking... Being in His Presence
- ✓ No visions... they are distractions
- ✓ Listen to Silence !

# Distracting Thoughts...?



- Don't feel guilty
- Gently say "Let it be..." & Let Go
- Come back to silence







# Silence is the Key



- Silence is not a waste of Time
  - Creative Silence...
  - Empowering Experience (1Kng19:12)
- Feel the Presence of God (Ps 46:10)
  - Carry the Calm & Serene dispositions all through the day
  - Improves Efficiency & Effectiveness

# Developing A Merciful Outlook



In order to be capable of mercy, we must first of all dispose ourselves to listen to the Word of God. This means **rediscovering the value of silence** in order to meditate on the Word that comes to us. In this way it will be possible to contemplate God's mercy and adopt it as our lifestyle. (MV#13)

Fr Mario Mendes

# Summary



To Develop a merciful outlook:

- Grow in understanding yourself –  
Bodily needs, Mindset and  
Spirituality
- Grow in Silent Prayer



# Keep Growing In Silent Prayer

Fr Mario Mendes