

Lenten Study 2024: Searching for and Maintaining Peace by Father Jacques Philippe

Week 1: vii-p 7; Week 2: Section 1.2–1.7 (p7-20); Week 3: Section 2.1-2.8 (p20-45); Week 4: Section 2.9-2.18 (p2.8-2.18)

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Week 3: Trusting in His Promise of Abundance

Ice Breaker (5-10 mins)

Relaxation Exercise: (5-10 mins)

Contemplate: (5 mins): ²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life^{al}?”

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?
Matthew 6:25-30

Discuss:

1. Fr. Jacques Philippe states that one of the most common reasons we worry is due to fear, specifically a fear of lacking something. Do you agree?
2. Where do you tend to look for solutions to your fears, worries, apprehensions?
3. Do you agree that we avoid surrender due to a lack of trust that God will make us sufficiently happy?
4. Think about the analogy of the parachute on page 28. Discuss how this relates to taking a leap of faith.
5. St. John of the Cross states that god gives in the measure that we expect. St. Francis DeSales states the measure of divine providence acting on us is the degree of confidence we have in it. What are ways you can think of to grow in expectation of God’s goodness and belief in his providence?

Think About:

P97 St. Marie of the Incarnation: If we could, with a single interior glance, see all the goodness and mercy that exists in God’s designs for each one of us, even in what we call disgraces, pains, and afflictions, our happiness would consist in throwing ourselves into the arms of the Divine Will, with the abandon of a young child that throws himself into the arms of his mother....and then we would maintain ourselves in a holy repose, fully convinced that God is our Father and that He desires our salvation more than we ourselves desire it.

Pray: Adapted from St. Catherine of Siena: Father help me to believe that you are sufficiently powerful to help me, sufficiently strong to help and defend me against my enemies, sufficiently wise to illuminate the yes of my intelligence, and have sufficient clemency to give me whatever is necessary for my salvation. Please help me understand you make me rich, beautiful, and provide nourishment for my soul beyond what I could ever desire for myself. Amen (p26)