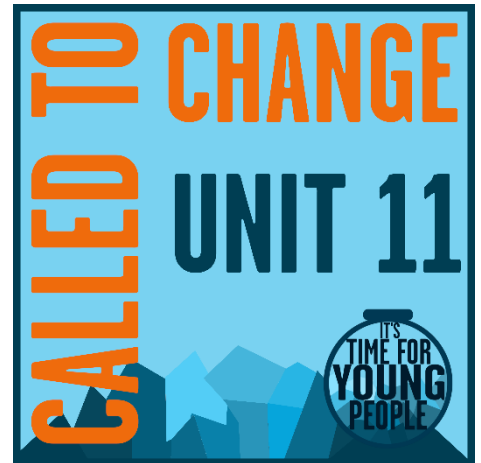


CALLED TO CHANGE

our conversion



Christianity is not only about going to church: it is about a way of being in the world and determines how someone lives their life. Often, scripture can help us to explore what it means to be a disciple and to give our life to Jesus. Let's explore how helping others can bring us great joy, inner peace and love and how living our faith becomes as a way of life for us.



Reflection Points

What is conversion? What does it look and feel like?
How does it change a life?
Is it truly possible that you find greater joy and freedom by submitting yourself to Christ?

I am convinced that if we had an understanding and a love of poverty we would begin to be as free and joyous as St. Francis.

We usually get what we pray for, and maybe we are afraid to pray for it.

I really only love God as much as the person I love the least.

-Dorothy Day

Reflection

Remember Dorothy Day and The Catholic Worker movement from an earlier unit? Explore more about her here:

<https://www.catholicworker.org/dorothyday/articles/633.html>

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IT'S TIME FOR YOUNG PEOPLE

How would you explain these quotes to someone else? What do they mean to you?

Prayer Activity

Lectio Divina

This type of prayer is often done in a small group. It can be done via video-conferencing and the steps explained before can also be done on your own.

In small groups read an extract of scripture (examples below) multiple times, pausing for silence and sharing.

1. **Head:** After the first reading of the passage (read aloud by one person), followed by a few minutes of silence, share something from the passage that stood out (maybe a few words or lines). This is not to begin a discussion, it is simply sharing one's own response to, and understanding of, the passage.
2. **Heart:** After a second reading, and a moment for silence, share what emotions this passage evoked and how it touched your heart.
3. **Hands:** For the third reading, and in the silence, explore and share what action you are called to do because of reading this passage. What encouragement or inspiration does it offer? What gift does it lead you to ask from the Lord?

The prayer can be concluded with an Our Father.

Read more about this method of prayer here:

<https://www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/praying-with-scripture/>

Suggested scripture extracts:

Acts 9:1-31 (The Conversion of Paul)

Mark: 12:38-44 (The Widow's Mite)

John 12:24-26 (Follow me)

Luke 12:35-40 (Always be ready to serve God)