



HEARTS TRANSFORMED

STUDY MODULE # 1. The Heart of the Father.

- Continue daily with 10-20 minutes of the HT DAILY PRACTICE you were given on the Opening Retreat. (*Jesus thank you for living this moment in me, etc.*)
- Spend an additional 10-20 minutes daily doing LECTIO DIVINA (*slow, prayerful, reflective reading*) with the material provided below.

Keep this in mind as you study this material...

"Before we make our own this first exclamation of the Lord's Prayer, we must humbly cleanse our hearts of certain false images drawn from this world...The purification of our hearts has to do with paternal or maternal images, stemming from our personal and cultural history, and influencing our relationship with God. God our Father transcends the categories of the created world. To impose our own ideas in this area upon him would be to fabricate idols to adore or pull down. To pray to the Father is to enter into his mystery as he is and as the Son has revealed him to us..." -Catechism of the Catholic Church (CCC) #2779

- Day 1 JESUS AND PRAYER: "Lord, Teach us to Pray"
Assignment: Read the *Catechism of the Catholic Church (CCC) #2759-2776*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 2 OUR FATHER: "Our Father who art in Heaven"
Assignment: Read *CCC #2777-2806*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with him slowly.
- Day 3 MEANING OF HOLINESS: "Hallowed be thy Name"
Assignment: Read *CCC #2807-2815*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray with Him slowly.
- Day 4 THE KINGDOM OF GOD: "Thy Kingdom Come"
Assignment: Read *CCC #2816-2821*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 5 THE FATHER'S WILL: "Thy Will be Done"
Assignment: Read *CCC #2822-2827*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 6 OUR DAILY BREAD: "Give us this Day"
Assignment: Read *CCC #2828-2837*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 7 FORGIVENESS: "And Forgive us our Trespasses as we Forgive"
Assignment: Read *CCC #2838-2845*. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.

- Day 8 TEMPTATION: “And Lead us not into Temptation”
Assignment: Read CCC #2846-2849. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 9 SATAN: “But Deliver us From Evil.”
Assignment: Read CCC #2850-2854. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 10 FINAL DOXOLOGY: “Kingdom, Power, and Glory are Yours”
Assignment: Read CCC 2855, 2856. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 11 REVIEW: Assignment: Read CCC 2857-2865. Finish by praying the Lord's Prayer, aware of Jesus living in you. Pray it with Him slowly.
- Day 12 “A Letter from Jesus” ...a scriptural reflection by Fr Basil...

Beloved, before I formed you in the womb, I knew you (Jeremiah 1:5). My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous (1 John 2:10). The Father himself loves you because you have loved me and have believed that I came from God (John 16:27). Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works (John 14:10).

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? (Matthew 6:26). What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, I tell you the truth, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should be lost (Matthew 18:12-14). My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom (Luke 12:32). Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you (John 14:1-2). You did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God's children (Romans 8:15-16). Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! (Matthew 7:9-11)

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons and daughters of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful. –Luke 6:35-36

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1). I and the Father are one (John 10:27-30). Truly, I am with you always – even to the end of ages (Matt 28:20)...with more love than you can know,
Jesus