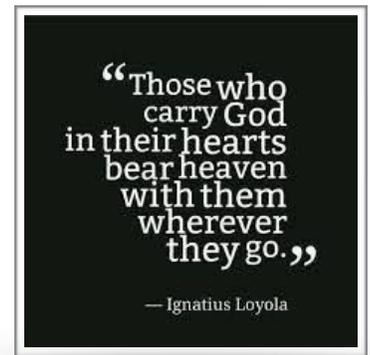


**Jesus thank you for living
this moment in me!**

HEARTS TRANSFORMED
Opening Retreat Study Notes.



Instructions: First, spend at least

10-20 minutes doing the **Hearts Transformed Daily Practice** everyday. (On the other sheet you were given.) Then spend 10 minutes a day slowly reading through these notes. Ask the Holy Spirit to guide you. Meditate, relish, and pray through the content. Listen to Jesus speak to your heart.

☀️ KEY SCRIPTURE VERSE & QUESTION TO ASK OURSELVES DAILY:

Examine yourselves, to see whether you are holding to your faith. Do you not realize that Jesus Christ is IN YOU? -2 Corinthians 13:5

☀️ Consider the Rich Meaning of this prayer:

Dear Jesus, help me to spread Your fragrance everywhere I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly,
That my life may only be a radiance of Yours.
Shine through me, and be so in me
That every soul I come in contact with
May feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
-Blessed John Henry Newman (Prayed by St Mother Teresa daily.)

☀️ Ephesians 3:16-21 Pray through this scripture slowly. Personalize it.

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. 20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

☀ Key Verses Catechism of the Catholic Church 519-521

~What does this mean in my life?

519 Christ's riches "are for every individual and are everybody's property."...

520 In all of his life Jesus presents himself as our model. He is "the perfect man" who invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate, through his prayer he draws us to pray, and by his poverty he calls us to accept freely the privation and persecutions that may come our way.

521 Christ enables us to live in him all that he himself lived, and he lives it in us.

"By his Incarnation, he, the Son of God, has in a certain way united himself with each man." We are called only to become one with him, for he enables us as the members of his Body to share in what he lived for us in his flesh as our model:

We must continue to accomplish in ourselves the stages of Jesus' life and his mysteries and often to beg him to perfect and realize them in us and in his whole Church. . . For it is the plan of the Son of God to make us and the whole Church partake in his mysteries and to extend them to and continue them in us and in his whole Church. This is his plan for fulfilling his mysteries in us. (St John Eudes). Study also Catechism 2666, 2710, 2729 & 2697.

☀ Key Verse Catechism of the Catholic Church 1698

~Am I willing to let Jesus show me the reality of these words?

1698 The first and last point of reference of this catechesis will always be Jesus Christ himself, who is "the way, and the truth, and the life." It is by looking to him in faith that Christ's faithful can hope that he himself fulfills his promises in them, and that, by loving him with the same love with which he has loved them, they may perform works in keeping with their dignity:

*I ask you to consider that our Lord Jesus Christ is your true head, and that you are one of his members. He belongs to you as the head belongs to its members; **all that is his is yours: his spirit, his heart, his body and soul, and all his faculties.** You must make use of all these **as of your own**, to serve, praise, love, and glorify God. You belong to him, as members belong to their head. And so he longs for you to use all that is in you, as if it were his own, for the service and glory of the Father. (St John Eudes)*

For to me, to live is Christ.

☀ Jesus, make my heart like unto Yours, or rather **transform it into Your own Heart...** - St Faustina

☀ **Ask Jesus daily to live each moment in you. Believe He is living in you & thank Him now. Contemplate His Heart of Love in you throughout the day.**

Jesus thank you for living this moment in me!

