



# HEARTS TRANSFORMED

## LEARNING MODULE # 4.

### *The Heart of a Missionary Disciple.*

- ◆ **Daily Step 1:** 10-20 minutes with the **HT Daily Practice** blue sheet you were given on the Opening Retreat.
- ◆ **Daily Step 2:** 10-20 minutes daily doing **Lectio Divina** (*slow, prayerful, reflective reading*) with the following material.

- **Day 1: What is the Image and Likeness of God?**

Assignment: Pray with Genesis 5:1-2, Psalm 8:3-8 & CCC # 355,356.  
Jesus, living this moment in me, show me who I really am.

- **Day 2: The Image and Likeness of God...Personhood.**

Assignment: Pray with Genesis 1:26-31 & CCC # 33, 357.  
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- **Day 3: The Image and Likeness of God = Male and Female.**

Assignment: Pray with Gen 2:18-25, Ps131, Isaiah 64:8 CCC #369-373.  
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- **Day 4: Soul and Body.**

Assignment: Pray with Gen 2:1-9, Mathew 10:28, & CCC #362-368.  
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- **Day 5: Identity.**

Assignment: Pray with Psalm 139, John 1:12 & this quote...

*"It is no small pity, and should cause us no little shame, that, through our own fault, we do not understand ourselves, or know who we are. Would it not be a sign of great ignorance, my daughters, if a person were asked who he was, and could not say, and had no idea who his father or his mother was, or from what he came? Though that is great stupidity, our own is incomparably greater if we make no attempt to discover what we are, and only know that we are living in these bodies, and have a vague idea, because we have heard it and because our Faith tells us, that we possess souls. As to what good qualities there may be in our souls, or Who dwells within them, or how precious they are –those are things which we seldom consider and so we trouble little about carefully preserving the soul's beauty." -- St. Theresa of Avila*

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- **Day 6: Finding the Self is a Struggle.**

Assignment: Pray with Romans 7:15-8:2 & these quotes...

“The field of battle between God and Satan is the human soul. It is in the soul that the battle rages every moment of life. The soul must give free access to the Lord so that it be fortified by him in every respect and with all kinds of weapons; that his light may enlighten it to combat the darkness of error; that it be clothed with Jesus Christ, with his justice, truth, the shield of faith, the Word of God, in order to conquer such powerful enemies. To be clothed with Jesus Christ it is necessary to die to oneself.”

- St. Padre Pio

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- **Day 7: Freedom.**

Assignment: Pray with John 8:3-9, Galatians 5:1, & these quotes...

“Only in freedom can man direct himself toward goodness. Our contemporaries make much of this freedom and pursue it eagerly; and rightly to be sure. Often however they foster it perversely as a license for doing whatever pleases them, even if it is evil. For its part, authentic freedom is an exceptional sign of the divine image within man. For God has willed that man remain "under the control of his own decisions,"(12) so that he can seek his Creator spontaneously, and come freely to utter and blissful perfection through loyalty to Him. Hence man's dignity demands that he act according to a knowing and free choice that is personally motivated and prompted from within, not under blind internal impulse, nor by mere external pressure. Man achieves such dignity when, emancipating himself from all captivity to passion, he pursues his goal in a spontaneous choice of what is good, and procures for himself through effective and skilful action, apt helps to that end. Since man's freedom has been damaged by sin, only by the aid of God's grace can he bring such a relationship with God into full flower. Before the judgement seat of God each man must render an account of his own life, whether he has done good or evil.” (*Gaudium et Spes*, The Constitution of the Church, #17)

“Freedom consists not in doing what we like, but in having the right to do what we ought.”

-- Pope Saint John Paul II

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**From Vatican II:** “The truth is that only in the mystery of the incarnate Word does the mystery of man take on light. For Adam, the first man, was a figure of Him Who was to come, namely Christ the Lord. **Christ**, the final Adam, by the revelation of the mystery of the Father and His love, **fully reveals man to man himself and makes his supreme calling clear.** (Gaudium et Spes 22)

• **Day 8: The Importance of the Church and our Identity.**

Assignment: Pray with James 1:22-24, Mathew 28:16-20, & this quote...

“But at the same time she [the Catholic Church] incorporates the memory of mankind, which is a memory of man’s experiences and sufferings from the beginnings and down the centuries, in which she has learned about the human condition, she has experienced its boundaries and its grandeur, its opportunities and its limitations. Human culture, of which she is a guarantee, has developed from the encounter between divine revelation and human existence. The Church represents the memory of what it means to be human in the face of a civilization of forgetfulness, which knows only itself and its own criteria. Yet just as an individual without memory has lost his identity, so too a human race without memory would lose its identity.” (Pope Benedict XVI, Christmas Address, December 21, 2012)

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• **Day 9: Jesus is the Fulfillment of our Life.**

Assignment: Pray with John 14:1-6 & these quotes...

“Above all the Church knows that her message is in harmony with the most secret desires of the human heart when she champions the dignity of the human vocation, restoring hope to those who have already despaired of anything higher than their present lot. Far from diminishing man, her message brings to his development light, life and freedom. Apart from this message nothing will avail to fill up the heart of man: ‘Thou hast made us for Thyself,’ O Lord, ‘and our hearts are restless till they rest in Thee.’” (The Constitution of the Church, Gaudium et Spes, #21)

“*Gloria dei est vivens homo.* The glory of God is man fully alive.” -- St. Irenaeus

“THE REDEEMER OF MAN, Jesus Christ, is the centre of the universe and of history.” (Pope St. John Paul II)

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• **Day 10: Becoming Human.**

Assignment: Pray with 1 Jn 4:7-12 & this quote...

Thanks solely to this encounter – or renewed encounter – with God’s love, which blossoms into an enriching friendship, we are liberated from our narrowness and self-absorption. We become fully human when we become more than human, when we let God bring us beyond ourselves in order to attain the fullest truth of our being. Here we find the source and inspiration of all our efforts at evangelization. For if we have received the love which restores meaning to our lives, how can we fail to share that love with others? (Pope Saint John Paul, *The Gospel of Life*, #8)

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• **Day 11: Prayer and Life's Meaning.**

Assignment: Pray with John 15:1-11 & these quotes

“What is needed is the ability to cultivate an interior space which can give a Christian meaning to commitment and activity. Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes meaningless; we lose energy as a result of weariness and difficulties, and our fervour dies out. The Church urgently needs the deep breath of prayer, and to my great joy groups devoted to prayer and intercession, the prayerful reading of God's word and the perpetual adoration of the Eucharist are growing at every level of ecclesial life.... There is always the risk that some moments of prayer can become an excuse for not offering one's life in mission; a privatized lifestyle can lead Christians to take refuge in some false forms of spirituality.” (Pope Francis, *The Joy of the Gospel*, #262)

“Life without prayer has no meaning or points of reference.” (Pope Benedict XVI)

“I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you” (Ezek 36:25-26; cf. Jer 31:34).” This "new heart" will make it possible to appreciate and achieve the deepest and most authentic meaning of life: namely, that of being a gift which is fully realized in the giving of self.  
(Pope John Paul II, *The Gospel of Life*, #49)

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• **Day 12: Mission and Meaning.**

Assignment: Pray with 1 Corinthians 12:12-31, 13:1-13, & these quotes...

“Some people do not commit themselves to mission because they think that nothing will change and that it is useless to make the effort. They think: “Why should I deny myself my comforts and pleasures if I won't see any significant result?” This attitude makes it impossible to be a missionary. It is only a malicious excuse for remaining caught up in comfort, laziness, vague dissatisfaction and empty selfishness. It is a self-destructive attitude, for “man cannot live without hope: life would become meaningless and unbearable”. If we think that things are not going to change, we need to recall that Jesus Christ has triumphed over sin and death and is now almighty. Jesus Christ truly lives.

(Pope Francis, *The Joy of the Gospel* #262)

“You cannot be half a saint. You must be a whole saint, or none at all.” (Saint Therese of Lisieux)

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