LIFE LINE
In solidarity with...

EIGHT DAY ONLINE RETREAT
5th - 12th April 2020

JESUIT CONFERENCE OF SOUTH ASIA

Day 2

06 April 2020

Theme

Reorientation To Lifeline

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Grace

To know who I am and the purpose of my life.

REORIENTATION TO LIFELINE

As I open my heart to God, I realise that God is my Lifeline. He made me to live with Him forever. God loved me into life! He invites me to love my sisters and brothers. "Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love" (1 John 4:7–8). If God is love, I am created in love and for love.

God labours in this world, inviting me to be a co-creator by loving everyone. Family, friends, jobs, talents, nature, music, books, etc., are God's gifts. God invites me to use these gifts wisely so that I, with others, grow in love. The same love requires of me to comply with social distancing in order to safeguard others and me from Covid 19.

Therefore, I desire to become free inside to live life in its fullness. I do not cling to health or sickness, wealth or poverty, success or failure, a long life or a short one. I learn to accept reality without shirking my responsibility to do good and to do my best. When I become inwardly free person, love becomes my life-blood flowing in and through me to others too. I let go of false attachments. I choose only that which will allow divine life deepen in me. "To love another person is to see the face of God" (*Les Misérables*).

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REORIENTATION TO LIFELINE

Pause and Reflect

- Recall some of your experiences of God's love in the recent months and thank him.
- Listen to God telling you again and again: "you are my beloved; I am happy with you". Be rooted in this foundational grace and experience God as your Lifeline. Don't let the fear of Covid 19 to colour your day.
- As you breathe in, imagine you are breathing in the love of God and as you breathe out, you are sharing the love of God with others. Do this exercise prayerfully.

Passages for Prayer and Reflection

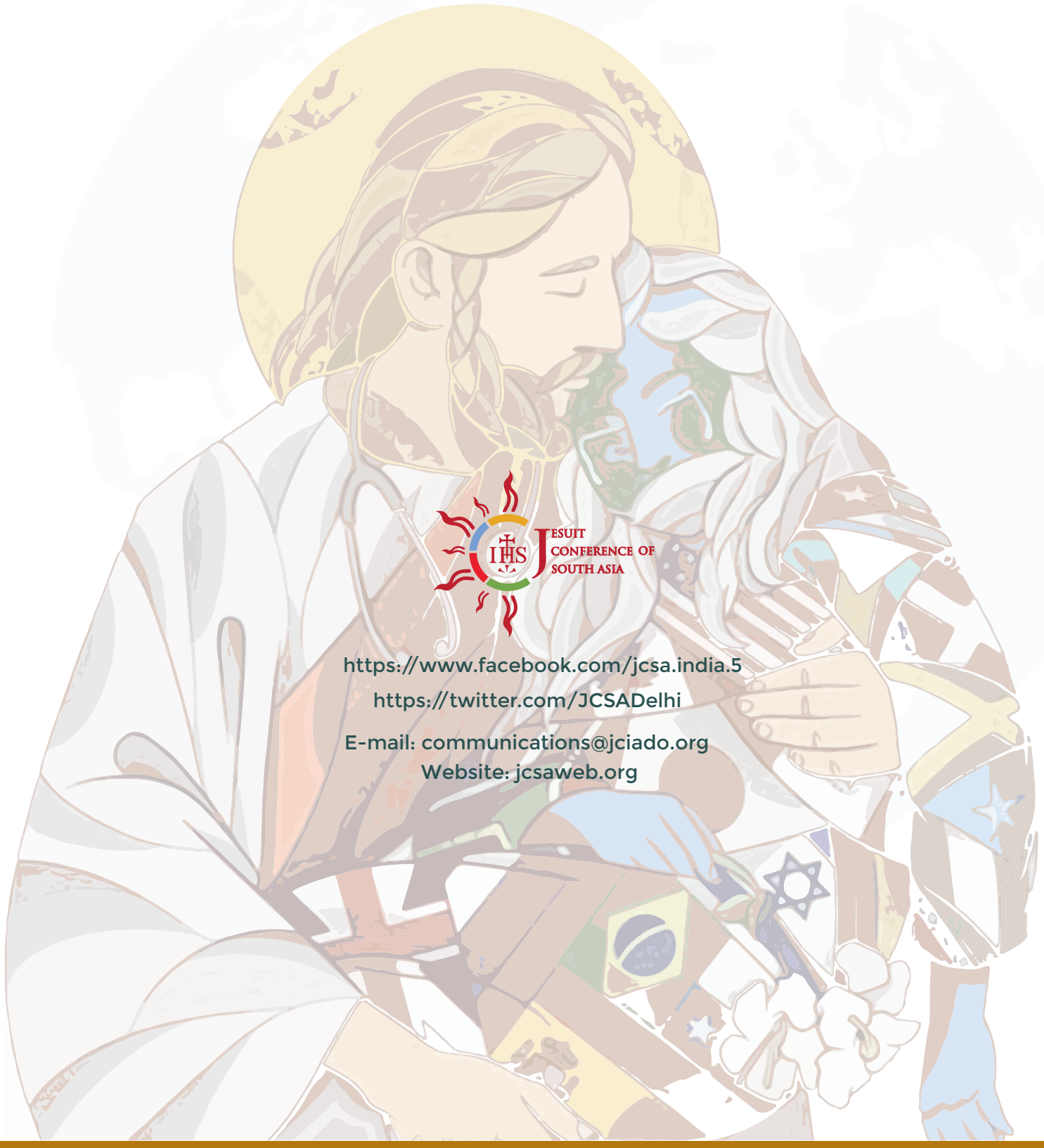
Psalm 139:1-18: In awe and reverence I remember how God has cared for me.
Isa 43:1-5: I have called you by name.
Isa 49:14-16: I have inscribed you on the palms of my hands.
Mk 1:9-11: You are my Son, the Beloved, with you I am well pleased.

Prayer: Lord, give me the strength to make my love fruitful in service. Give me the strength never to disown the poor or bend my knees before insolent might. … And give me the strength to surrender my strength to thy will with love.

(Tagore, *Gitanjali*, 36)

Mantra: I am God's beloved and He delights in me!

Fr Roland Coelho, SJ
Panaji, Goa



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