



LIFELINE
In solidarity with...



A

TASTING AND RELISHING THE BLESSINGS OF THE LIFELINE RETREAT

You have already completed eight days after the LIFELINE retreat. How did you feel last seven days after the retreat? Did you feel connected to the LIFELINE during your work and prayer?

Retreat is a time of blessings and graces. It is a time when you experience the presence of God in an intense way. Unfortunately, these blessings and graces can evaporate in no time if you are not careful, if you do not sustain these graces. Therefore, it is important that during these days you keep REMEMBERING what the Lord did for you during the retreat. It is this remembrance that sustains the relationship and keeps the fire of love burning within you.

To sustain the relationship between the Lifeline and you, you need to taste and relish the graces and blessings of the retreat.

The following exercise of FIVE steps will be of help

- **Recall** any one of the graces of the retreat. For example: you have profoundly experienced the grace of the love of God. (For the next seven days, you could recall different graces of the retreat)
- **Relive** that prayer experience. For example: You might have experienced this grace on the second day of the retreat as you were praying over reorienting to the Lifeline. If you remember the passage, just recall that passage, or a word or a phrase.
- **Reconnect** yourself to your interior movements: Become aware of your interior movement then when you received the grace: joy, hope,... What do you feel now? Joy, hope....
- **Remain** with the interior movements. What is the Lord telling you today as you listen to your interior movement?
- **Rejoice:** Thank the Lord for the grace.

Choose a mantra and repeat it throughout the day.

Simple Mantra could be: **Thank you Lord.**

- Try to do this above exercise again and again during the day in order to taste and relish the grace you have received. As the grace becomes part of your being, experience the grace of consolation.
- For the next seven days, you could do this exercise again and again taking different blessings that you have received during the retreat so that you taste and relish the graces of the retreat.