



Rest In Me

Session Notes

July – October, 2020

God Loves Us No Matter What¹

*For God,
heaven is the human heart.*

*Does God love you?
Love Him.*

*His delights are to be with
you; let yours be to be with
Him;*

*to pass all your lifetime
with Him in the delight of
whose company you hope to
spend a blissful eternity.*

*Accustom yourself to speak
with Him alone,
familiarily, with confidence
and love, as to the dearest
friend you have and who
loves you best.*

~St Alphonsus de Liguori

“Redemption is a way of saying that God pours out love, not only as our existence, but also as our healing. And it is God’s joy when we choose to participate in accepting this creative love.”

“To love mans to see a person as he or she really is, not as we imagine him or her to be. And to respond to that person in a way that recognizes his or her true value, freedom, and subjectivity. God loves us as the limited and wounded human beings that we are.”

“If love is enough, if you know that deep hunger within you to be loved and to be loving, then you might wonder what stands between you and experiencing the immediacy of God’s presence? If you are ready to relate to God because you want to, rather than because you have to, then you may be wondering what you can do to let God come close.

“I, my true self, my very being, the part of me who is always here, is an expression of God’s love. The true self is who we are before judgements and perceptions distort our awareness. It is an unconditional awareness. Our true self is energy freely poured out to others. It is love. The true self is our being as an expression of God’s being. It is pure being, without thoughts, emotions, or sensations.

“The true self is the silence and the calm at the center of our storm. Around this center, powerful energies spin. The outer winds consist of all the activities and events going on around us – things of national concern, incidents at work, and encounters in our relationships. There is so much happening and so many things with which we must deal. The inner winds are filled with the turmoil of our inner world: emotions, thoughts, physical sensations, memories, and patterns of reacting....It can be difficult to believe that we exist on a deeper level, let alone experience living from that level. It is just common sense to “take care of business”. The kingdom of God is within; it is the eye of the hurricane. Yet all this remains abstract, until we begin to know it for ourselves. Prayer, meditation, silence, letting go of judgements and opinions, living in the present moment, focusing...are just a few ways the kingdom becomes real.”¹

Do not keep striving for what you are to eat, and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given you as well....Do not be afraid little flock, for it is your Father’s good pleasure to give you the kingdom.”

~Luke 12:29-32

We Love Because He First Loved Us

~1 John 4:19

1. “Why God Loves Us, No Matter What;” Ken Sedlak, CSSR; 2013

19 July 2020

Sixteenth Sunday in Ordinary Time

Responsorial Psalm

PS 86:5-6, 9-10, 15-16

R. (5a)

Lord, You are good and forgiving.

You, O LORD, are good and forgiving,
abounding in kindness to all who call
upon you.

Hearken, O LORD, to my prayer and
attend to the sound of my pleading.

R. **Lord, You are good and forgiving.**

All the nations You have made shall come
and worship You, O LORD,
and glorify your name.

For You are great, and You do wondrous
deeds; You alone are God.

R. **Lord, You are good and forgiving.**

You, O LORD, are a God merciful and
gracious, slow to anger, abounding in
kindness and fidelity.

Turn toward me, and have pity on me;
give your strength to your servant.

R. **Lord, you are good and forgiving.**

Reading 1 [WIS 12:13, 16-19](#)

There is no god besides you who have the care of all, that you need show you have not unjustly condemned.

For your might is the source of justice; your mastery over all things makes you lenient to all.

For you show your might when the perfection of your power is disbelieved; and in those who know you, you rebuke temerity.

But though you are master of might, you judge with clemency, and with much lenience you govern us; for power, whenever you will, attends you.

And you taught your people, by these deeds, that those who are just must be kind; and you gave your children good ground for hope that you would permit repentance for their sins.

Reading 2 [ROM 8:26-27](#)

Brothers and sisters:

The Spirit comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with inexpressible groanings.

And the one who searches hearts knows what is the intention of the Spirit, because he intercedes for the holy ones according to God's will.

Alleluia [CF. MT 11:25](#)

R. **Alleluia, alleluia.**

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

R. **Alleluia, alleluia.**

Gospel [MT 13:24-43 OR 13:24-30](#)

Jesus proposed another parable to the crowds, saying:

“The kingdom of heaven may be likened to a man who sowed good seed in his field.

While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off.

When the crop grew and bore fruit, the weeds appeared as well.

The slaves of the householder came to him and said, ‘Master, did you not sow good seed in your field? Where have the weeds come from?’

He answered, ‘An enemy has done this.’

His slaves said to him, ‘Do you want us to go and pull them up?’

He replied, ‘No, if you pull up the weeds you might uproot the wheat along with them. Let them grow together until harvest; then at harvest time I will say to the harvesters,

“First collect the weeds and tie them in bundles for burning; but gather the wheat into my barn.””