

PARENT REFLECTION BOOKLET

St. Martha Life Teen Spring Retreat 2019



I came so that they might have LIFE and have it more abundantly.

John 10:10

**Please complete up to Page 3 with
Eucharistic Adoration in the Chapel
prior to leaving**

Dear parents

Thank you for giving the opportunity for your young adult teen with another impactful encounter with our Lord Jesus Christ, our God. As your teen is entering into this journey, we ask you to continue to support them during this weekend.

As one alive in the body of Christ, spiritually support them in their journey so they know that they are not alone.

During this weekend, follow along with this booklet and take a bit of time to pray, meditate, and reflect. Write down your thoughts or prayers. Over the weekend, your young adult teen will be participating in discussions about the same covered topics.

On Sunday, we encourage you to please share the booklet with your young adult teen, discuss what you prayed about, what your teen has discovered, and to continue to pray together as a family.

St. Martha Youth &
Young Adult Ministry Retreat Staff

LOVE INCARNATE
... waiting for you



Friday Evening – Eucharistic Adoration

Faithfully Alive!

Love has never been ALIVE since Jesus Christ came and showed us how and why. For God the ultimate LOVE is to sacrifice himself and die on the cross. This is how he wants to show us he loves us and loves us recklessly without limits.

Why? Because he wants to save us for all eternity so we can be with him forever. Christ knows that after death on the cross he will rise and will live again – forever.

1. Are you living but not alive? Is God in your life?
2. Is your faith alive and in action? Are you doing God's will?
3. Do you find it hard to love – love God? Love others?

“To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be FULLY KNOWN and TRULY LOVE is a lot like being loved by God! It is what we need more than anything. It liberates us from pretense, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us.” -Tim Keller

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Saturday Morning - Confidently Alive!

Some people may not know how to pray. Some may think “I don’t do it as well as that other person” or “I don’t want to make a fool out of myself.” But there is no right or wrong way to have a conversation with our God. He wants us to pour ourselves out to him, so in turn he can pour his love into us.

Here is a simple guide to everyday prayer that will help in setting your mind in the right place, a meditative and spiritual prayer with God.

5 steps to starting to Pray

1. Ask God to be with you and to guide you as you pray
2. Give thanks for the good things that are in your life
3. Think back to the things that have happened to you today
4. Have the courage to admit your shortcomings
5. Pray for the next day and God to guide you

“Prayer is being on terms of friendship with God.”-
St. Teresa of Avila

“Prayer is to get to know Him and to get to know yourself.” – St. Josemaria Escriva



Saturday Afternoon - Alive in Body and Mind!

I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect. *Romans 12:1-2*

Our body is the temple of the Holy Spirit. St. John Bosco said, *“Holy Purity, the queen of virtues, the angelic virtue, is a jewel so precious that those who possess it become like the angels of God in heaven, even though clothed in mortal flesh.”*

And St. Augustine said, *“Lust indulged became habit, and habit unresisted became necessity.”*

Take a moment to reflect over the past week.

- Have I stared at someone with impure thoughts?
- Have I made myself impure through my actions?
- Do I conduct myself in a respectful manner in the presence of the other gender?
- Do I dress in a way that can cause others to sin?
- Do I equate Love with God?



Saturday Evening - Alive & Free!

The Lord sets captives free. *Psalm 146:7*

Some are captives in prisons or jails. But many more find themselves captives in other ways, bound to habitual sin or other weakness. I am a great one for holding a grudge, sometimes long after the source of the original grievance has been forgotten. I have become captive to the grudge.

Families can be torn apart, unable to find forgiveness because they are held down by old wounds and pride. Give in to resentment, cynicism or anger, and you will find it hard to find joy in your life. In the gospels, Jesus encountered people who were crippled and broken by sin. He reached out to them, not trying to talk them out of their pain, but offering love and forgiveness. In just that way, he is reaching out to heal us right now. Let us trust in the Lord, who made heaven and earth.

– Mark Neilsen

What are the grudges that you continue to hold against other people?

Who is it that you cannot forgive? Please pray for this person. Pray that God will help you to forgive them.

Sunday Morning - Alive in Love!

Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

John 15:5

A man was running a little late for an important meeting in a downtown of a busy, crowded city. As he frantically drove around looking for a parking spot, he uttered a desperate prayer:

“Please, please, Lord, help me find a place to park!”

Just at that moment, a car pulled out of a space right in front of the building where the meeting was. “Oh, never mind, God,” he said, “I found a spot.”

Something in us resists God’s help, even when we believe we can take care of everything on our own. Jesus puts it bluntly: “Without me you can do nothing.” But *with* Jesus, there is no telling how much good we might accomplish.

Lord, help me remain united to you so that my life will bear fruit

– Mark Neilsen

Are you thankful for the things God has done for you? Think over the past week. What are you grateful for that God has done?



Visit us at STMARTHAYAM.COM

**PALM
SUNDAY**

Please remember to share this booklet and your reflections with your young adult teen.