

Rooted in Christ Alone

Use this complete prayer service with the Introduction, Section 2 of Your Life in Christ. You may also choose to use only individual parts of the prayer service.

Needs:

- copies as needed or projection
- an internet connection and computer cued to play *In Christ Alone* by Mercy Me on YouTube

<https://www.youtube.com/watch?v=c2fZZLwRcBI>

Prayer Introduction

Leader: Today you will pray together to be centered on Christ. Without Christ's gift of salvation on the Cross, you would be stuck in sin. But in his great love Jesus gave himself up so that you might share in his love. This is your great hope! If you put your faith in other people or things, you will be disappointed. Pray today that your heart will be moved to be rooted in Christ alone as the source of all that you desire.

Opening Prayer

Leader: (Begin with the Sign of the Cross.) We find our hope in Christ alone.

All: Who, by his Paschal Mystery, has saved us and given us new life in grace.

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

Song

Your Life in Christ: Foundations in Catholic Morality

Prayer Services

Leader: Jesus, we come before you today and ask you to alone be the root of all our hope and good works. Let's sing together *In Christ Alone*. (Play *In Christ Alone* <https://www.youtube.com/watch?v=c2fZZLwRcBI>)

In Christ alone my hope is found
He is my light, my strength, my song
This Cornerstone, this solid ground
Firm through the fiercest drought and storm
What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter, my All in All
Here in the love of Christ I stand

In Christ alone, who took on flesh
Fullness of God in helpless babe
This gift of love and righteousness
Scorned by the ones He came to save
'Til on that cross as Jesus died
The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live

There in the ground His body lay
Light of the world by darkness slain
Then bursting forth in glorious
Day. Up from the grave He rose again
And as He stands in victory
Sin's curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ

No guilt in life, no fear in death
This is the power of Christ in me
From life's first cry to final breath
Jesus commands my destiny
No power of hell, no scheme of man
Can ever pluck me from His hand
'Til He returns or calls me home
Here in the power of Christ I'll stand

Closing Prayer

Leader: Jesus, we find our hope and salvation in you. In your saving work on the Cross, you gave us new life. Grant us the gift of the Holy Spirit to live as reflections on your love.

All: Amen.

Your Life in Christ: Foundations in Catholic Morality

Prayer Services

God's Image and Likeness

Use this complete prayer service with Chapter 1, Section 1 of Your Life in Christ. You may also choose to use only individual parts of the prayer service.

Needs:

- one copy of the reflection from <http://www.sistersoflife.org/vocations/diving-into-freedom> for the leader
- copies as needed or projection
- a quiet, prayerful environment. A church or chapel is best, but if that is not available then a space of prayer with dimmer lights, some lit candles, and a central focus of prayer such as a crucifix.
- note card and pen for each student

Prayer Introduction

Leader: The work that God did in creating you, and still does in holding you in existence, reveals both who God is and who humans are. Reading through the Bible you will find a truly astonishing fact—only humans are made in God's image and likeness. This is a beautiful and wonderful truth, and with reflection should lead you to a desire to want to be all that God has created you to be.

Opening Prayer

Leader: (Have students stand and begin with the Sign of the Cross.)

Side 1: O Lord, our Lord, how awesome is your name through all the earth! I will sing of your majesty above the heavens with the mouths of babes and infants. When I see your heavens, the work of your fingers, the moon and stars that you set in place—What

Your Life in Christ: Foundations in Catholic Morality

Prayer Services

am I that you are mindful of me, and a son of man that you care for me? Yet you have made me little less than a god, crowned me with glory and honor.

Side 2: You have given me rule over the works of your hands; put all things at my feet: All sheep and oxen, even the beasts of the field. The birds of the air, the fish of the sea, and whatever swims the paths of the seas. O Lord, our Lord, how awesome is your name through all the earth!

All: O Lord, our Lord, how awesome is your name through all the earth!

Reflection

Leader: (Have students sit. This reflection will be read from <http://www.sistersoflife.org/vocations/diving-into-freedom>)

Have you ever been to a place that is so breathtakingly beautiful that your jaw literally drops and the innermost core of your being is touched by beauty? Maybe you were in the mountains and the majesty of it all struck you. Or maybe you've been to a place where there are no city lights and at night the sky was so bright with millions of stars...and then there was a meteor shower! Normally you're calm, cool and collected, but suddenly you find yourself becoming like a little child, delightedly pointing at every shooting star! Or perhaps you were at the beach gazing at a beautiful sunset, with the waves crashing on the shore and the sky dancing with bright oranges, pinks and purples. Think about the most beautiful thing you have ever seen. Now, put that image on the left. Then, place a mirror on the right, and look at your own reflection.

Did you know that **you** are more precious, more glorious, more beautiful than all of the galaxies, the mountain ranges, all of the beaches and sunsets? Our immediate response is, 'Impossible! There's no way I'm more beautiful than that!' The startling truth is...**YOU ARE MORE BEAUTIFUL!** The human person is the crowning glory of creation. You are made in the image and likeness of God, springing forth from the heart of the Trinity. You are made in the image of Christ. You reflect a unique aspect of the *face of God* that no one before you or after you will ever bear. You are unrepeatable,

Your Life in Christ: Foundations in Catholic Morality

Prayer Services

precious, and sacred. God loved and willed you into existence, and it is his personal, intimate, passionate love for you right now, that is holding you in being. If God stopped loving you for a split nanosecond, not only would you cease to exist, but it would be as if you never were. Our hearts were created by God and for God, and nothing less than the Infinite One can satisfy us. Only friendship with God can satisfy the deepest longings for freedom and love in our hearts.

If this is what we are made for—to live in communion with God in complete freedom, why don't we experience this freedom in our lives? What is preventing us from being truly free? Distrust and lack of faith often keep us bound from really diving into freedom. This lack of trust often sounds like this, "If I surrender everything to God, is he going to fulfill me? Does he really know what will make me happy?" Sometimes we can speak out of both sides of our mouths and tell God, "Why aren't you working miracles in my life? I've been praying for this situation in my life to change and you're not doing anything about it!" but on the other hand, we're still holding onto our lives, and trying to control everything. We haven't abandoned ourselves completely to God, and so he doesn't have room to work. We can't experience support from God unless we leave him the space to move. The image of a parachute jumper comes to mind. As long as he does not jump, he cannot feel the parachute supporting him, because it hasn't had the chance to open. The person must jump into the void and it is only later that he feels carried. The same is true of the spiritual life; we need to take that leap of faith, trusting that, "God gives in the measure that we expect of him" (St. John of the Cross). St. Francis de Sales said, "The measure of Divine Providence acting on us is the degree of confidence that we have in it."

What are you waiting for? Be not afraid to dive into freedom! God will carry you, if you trust Him. He whispers these words to our hearts, "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." – Isaiah 55: 9

Leader: (Pass out index cards and pens) You heard in the reflection that God has made you in his image and likeness. He loves you so much that he wants to live in communion with you and give you his freedom. Consider, how you can offer God a "response of love?" (Pause for them to reflect.) Now, take the index card I have given *Your Life in Christ: Foundations in Catholic Morality*

Prayer Services

you and write down what you plan to do as a “response of love” to his. Some examples might be “spend ten minutes a day in prayer” or “work to respect myself and others.” Once you are done, bring your index card up to the base of the sanctuary/front of the room as a signal that you are done. (Give them 2-3 minutes to reflect and write their responses down and bring them forward.)

All: You formed my inmost being; you knit me in my mother’s womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know (Ps 139: 13-14).

Your Life in Christ: Foundations in Catholic Morality

Prayer Services