



COR 7

HEART OF THE
FATHER



**Saint Margaret Mary Alacoque
Prayer to the Sacred Heart:**

Lord Jesus,

Let my heart never rest until it finds You,
who are its Center, its Love, and its Happiness.

By the wound in Your heart
pardon the sins that I have committed
whether out of malice or out of evil desires.

Place my weak heart in your own Divine Heart,
continually under Your protection and guidance,
so that I may persevere in doing good
and in fleeing evil until my last breath.

Amen.

COR₇ Ascending the Ladder of Vigilance

Today, we delve into a profound passage from Luke's Gospel, a cosmic warning that calls us to spiritual ascent. As we journey through this text, let's consider how it challenges us to ascend the ladder of vigilance, climbing towards a deeper communion with the Divine and a greater sense of eternal preparedness.

Just as Jacob ascended a celestial ladder to encounter the divine, we too are invited to embark on a spiritual ascent. The cataclysmic events foretold in this passage serve as a stark reminder of the ephemeral nature of earthly existence and the eternal significance of our spiritual journey.

Lectio Divina: A Path to Spiritual Vigilance

Meditation: Reflecting on the Word

- Read the passage slowly, intentionally, and reverently.
- Pause after each verse or phrase, allowing the words to penetrate your soul.
- What emotions does this prophetic vision evoke within you?
- How does this impending cosmic judgment challenge your understanding of time and eternity?
- What steps can you take to deepen your prayer life and strengthen your connection with the Divine?



Contemplation: Experiencing the Scene

- Visualize the dramatic scene of cosmic upheaval and human distress.
- How does this impending judgment challenge your understanding of your own mortality and the eternal significance of your life?
- What specific actions can you take to become more attuned to the Divine presence and the needs of others?

Call to Action: Responding to the Word

- How can you cultivate a spirit of vigilance in your daily life?
- What specific actions can you take to resist the allure of worldly distractions and remain focused on your spiritual journey?
- How can you ascend the ladder of spiritual growth, climbing towards a deeper communion with God and a greater sense of peace?

As we engage in this Lectio Divina, let us embrace the challenge to be watchful and prepared. May the Holy Spirit illuminate our hearts and minds, and guide us towards a life of eternal vigilance and divine communion.

Our Shared Lectio Divina Journey

Three volunteers will lend their voices to the Sacred Text, inviting us into three profound encounters with the Word. After each reading, we will pause for a moment of sacred silence, allowing the words to penetrate our souls.

- Following the first reading, we will share a word or phrase that ignited our hearts. This simple act of sharing weaves a tapestry of spiritual perspectives, enriching our individual journeys.
- After the second reading, we will delve into the depths of meaning, reflecting on how the chosen word or phrase resonates with our personal experiences. This deeper contemplation allows us to connect the divine message to our lives in a tangible way.
- Finally, after the third reading, we will consider the divine invitation before us. This call to action might be a whisper of guidance, a nudge towards transformation, or a spark of divine inspiration. Let us share our insights with open hearts, fostering a sense of spiritual community and shared purpose.

✠ **Lectio Divina** ✠
The Coming of the Son of Man

Holy Gospel of Jesus Christ
According to Saint Luke 21,25-28.34-36

There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken.

Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.

Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth.

Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.

As We Depart

Heavenly Father, we thank you for this time of reflection and prayer. As we have pondered the prophetic words of Luke, warning of cosmic upheaval and divine judgment, may our hearts be stirred to greater vigilance and spiritual awareness.

Grant us the grace to ascend the ladder of spiritual growth, rising above the distractions and anxieties of this world. May we be ever mindful of your presence and the eternal significance of our lives.

Empower us to live as beacons of hope, sharing your love and compassion with all we encounter. May we be vigilant in prayer, steadfast in faith, and ever ready for your coming.

In the name of Jesus Christ, we pray. Amen.



Last Saturdays of the Month
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Tempus Fugit Memento Mori

