



Answering Christ's call,  
we guide people to encounter Him  
so as to live in hope, as pilgrims in daily life.

## *Meet the Master*

Monthly podcast to discover Jesus the Master; encounter him through a presentation, Scripture, and reflection

### **May 2021 – His Presence**

**Scripture:** *That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them.*  
Luke 24:13-15

**Virtue:** Fortitude is the mental and emotional strength in facing difficulty, adversity, danger, or temptation courageously. It is the virtue that helps us overcome temptations and to do what we know is right even in difficult situations. It is not only a virtue, but also a gift of the Holy Spirit that bears witness that God's grace can conquer even the most desperate circumstances when we put our total trust in him.

**Church Teaching: (Catechism of the Catholic Church # 1** The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for: The dignity of man rests above all on the fact that he is called to communion with God. This invitation to converse with God is addressed to man as soon as he comes into being. For if man exists it is because God has created him through love, and through love continues to hold him in existence. He cannot live fully according to truth unless he freely acknowledges that love and entrusts himself to his creator.

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## **Spiritual Exercise**

Begin each day with a walk with Jesus.

**Morning offering** – offer a prayer from your heart as soon as you awake. And invite Him to walk with you in every aspect of your day – work project, house duties, family responsibilities.

**Through the day**, set your smartphone or watch with a **reminder to thank Him** for being with you. Consider midmorning, noon, midafternoon, evening and of course before you sleep.

**Listen to the Word of God.** Take a Gospel passage or a Psalm each day. Slowly read the passage; perhaps a word or phrase will “jump” out at you. Take this word/phrase and say “Jesus, speak, I am listening.” You won't hear his audible voice, however, taking a few minutes of silence and simply trusting that the Lord is with you at that moment.