



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

November 2021 – *Our Identity in Christ*

Scripture: Psalm 139: 13-16. *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. My bones are not hidden from you, ... Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be.*

Virtue: Patience - The virtue of patience is presented as either forbearance or endurance. It is a quality of self-restraint or of not giving way to anger, even in the face of provocation; it is attributed to both God and man and is closely related to mercy and compassion.

Catechism of the Catholic Church #1832 -- *The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. Th tradition of the Church lists twelve of them: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.*

Quotes: *Patience, prayer, and silence - these are what give strength to the soul.* - St. Faustina

Spiritual Exercise

Read Psalm 139, verses 13-16 slowly. What one word or thought struck you as you were reading it? Take that word or thought and write a note to the Lord about it. If the thought that attracted you was: *You formed my being..* Then write your personal thoughts about that. For example: "God, I didn't realize you knew me in my mother's womb! And you know me now...after all I have done – please help me to discover who I am."

You may use the following questions to help you:

1. What are my interests?
2. What am I good at?
3. What are my weaknesses?
4. What is a huge challenge that I faced in my life? How did I overcome it?
5. How do I see myself? For example, what are some of my characteristics?

Present all this to God in prayer. Always conclude with a prayer of praise, such as: Thank you Heavenly Father for the gift of my life, for your love! Thank you for your mercy for me especially at the times I most needed your mercy and didn't even notice it! Thank you for embracing me today.