

# Living Faith – 1 – Interior Life

Watch “Prayer” on Catholic Central:

- <https://www.youtube.com/watch?v=AY3OBHJ-QNY>

Watch Catechism in a Year – Day 344: Guides for Prayer (note paragraph # 2685):

- [https://www.youtube.com/watch?v=LC\\_EfHn25Y8](https://www.youtube.com/watch?v=LC_EfHn25Y8)

## LIVING FAITH

Jesus’ concentric circles of people around him:

- His enemies, asking questions to try to trip him up
- Crowds - they wanted to know more about this guy doing miracles and wanted to hear his teaching
- Disciples - those that said they want to follow him, left homes and jobs
- The 12 apostles

Where are you / am I in this onion of layers?

How do we move to the next inner layer?

What does that look like in your life today?

Five essential areas:

1. INTERIOR LIFE - our life of prayer with God
2. SACRAMENTS
3. OUR KNOWLEDGE OF GOD and of HIS KINGDOM
4. COMMUNITY
5. PERSONAL APOSTOLATE

## EPISODE 1 – Interior Life

### PART 1 – The Greatest Commandment

Recall one scribe asking Jesus what the greatest commandment is. Jesus gives two answers, and puts them together.

1. “Hear O Israel the Lord our God is one and you should love the Lord God with all your heart, and with all your soul, with all your mind, and with all your strength.”
  - a. NOTE: From Deut 6:4-9, the Shema, which is Hebrew for “Hear” or “Listen”
2. And the second is this, “You should love your neighbor as yourself.”

# Living Faith – 1 – Interior Life

RELATIONSHIP - Jesus simplifies the scribe's whole question in terms of **relationship**, in terms of love.

1. Love God with everything in you
2. Love your neighbor as if they were yourself.

This is the **lens** in **how to look at everything else**.

WORSHIP comes from the old English word **WORTH SHIP** - the art of knowing what something is worth, the one thing that is the most valuable - it's saying **you are number one**, you are worth the **most**, you are the **greatest**.

- Fasting is a way of worshipping God as we're telling our belly you're not my God.
- Tithing also is saying to our wallet you are not number one, not my god.
- Eucharist is the highest form of worship.
- Prayer - taking the best part of your day for prayer is saying God is number one.

## PART TWO – The Practicals

How to begin a meaningful prayer life:

- PRAY - Say an opening prayer
- READ - Read through the Gospel for the day
- THINK & LISTEN - think of how God is speaking to you through that Gospel,
- TALK & LISTEN - talk to Him about what you hear – write it out or just say it in your heart or express it verbally.
- PRAY - Wrap it all up in a little prayer – handing it all over, surrender it, ask Him for His grace. Spend a little time praising His because He is good and He's loving.

## HABIT

- Try for 21 days and let it become the culture of your heart – a godly habit.
- Make 15 minutes your target,
- Setting a time and space every day is optimal, recommend morning or evening.
- If distracted, talk to that about it. If fear, talk to Him about it from your heart.
- Commit to making it happen – it's the core of who we are as Christians.