

Sacred Heart Yokosuka Religious Education



Rosary: The Second Luminous Mystery:

The Wedding at Cana

Jesus turned water into wine, the first of his signs.

Gospel: Matthew 4:12-23

*From that time on, Jesus began to preach and say,
“Repent, for the kingdom of heaven is at hand.”*

Main Topic: Prayer

#1: Appendix B #2: 134-140 #3: 26-28 #4: 8-17

1. Prayer is the raising of one's mind and heart to God
2. Pray constantly
3. Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy
4. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words
5. The Christian family is the first place for education in prayer
6. There are three methods of prayer: Vocal, Meditation, and Contemplation
7. Vocal prayer, founded on the union of body and soul in human nature, associates the body with the interior prayer of the heart
8. Meditation is a prayerful quest engaging thought, imagination, emotion, and desire.
9. Contemplation is a gaze of faith fixed on Jesus, an attentiveness to the Word of God, a silent love
10. Two difficulties arise in prayer: distraction and dryness. Two temptations threaten prayer: lack of faith and laziness
11. In response to his disciples' request "Lord, teach us to pray", Jesus entrusts them with the fundamental Christian prayer, the Our Father

Faith Focus: The 7 Magic Words of Prayer

I Love You (Blessing and Adoration)

Blessing expresses the basic movement of Christian prayer: it is an encounter between God and man.

First, God loves us, then we love Him back

Please (Petition)

By prayer of petition we are aware of our relationship with God: we are His creation; we belong to Him

I'm Sorry (Petition for Forgiveness)

The first movement of the prayer of petition is asking forgiveness, like the tax collector in the parable: "God, be merciful to me a sinner!"

Please, for someone else (Intercession)

Intercession is to pray as Jesus did. He is the one intercessor with the Father on behalf of all

I Forgive (Intercession for Forgiveness)

We should pray for our enemies and tell God that we forgive them as Jesus did on the Cross

Thank You (Thanksgiving)

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you

You are Awesome (Praise)

We praise God for His own sake and give Him glory, not only for what he does, but simply because HE IS

Saint: St. Ignatius Loyola

July 31

St. Ignatius of Loyola was born in 1491 in Spain. As a young man, Ignatius wanted to be famous and win glory in battles. During battle, a cannonball struck his legs. While recovering, he asked for books about knights and battles. Instead, the only books available were about Jesus and the saints. He read them, and something amazing happened. He noticed that when he dreamed about worldly glory, he felt empty. But when he thought about serving God like the saints, he felt joy and peace.

He went to university in Paris, where he gathered friends who shared his vision. These included St. Francis Xavier, St. Peter Faber, and others. They formed a new religious order called the Society of Jesus, also known as the Jesuits. Their mission was to serve the Pope, teach, preach, and go wherever they were needed.

Ignatius's book, the Spiritual Exercises, became one of the most important guides for prayer in the Church. It helps people reflect on their sins, meditate on the life of Christ, and choose how to serve God. The Exercises are usually done as a retreat, where people spend days or weeks in prayer and silence.

Under Ignatius, the Jesuits spread quickly. They went to India, Japan, Africa, Ireland, Germany, and many other places. St. Francis Xavier became famous for his missions in Asia. Jesuits also opened schools and colleges, teaching both rich and poor. Ignatius himself stayed in Rome, guiding the order through letters and prayer. He encouraged his companions and gave them detailed instructions for their missions. In 1556, Ignatius became sick with fever. On July 31, 1556, he died peacefully, praying to God. At his death, the Jesuits already had about 1,000 members and 100 houses around the world.

Keyword: Epiphany – a visible appearance of God

The Epiphany is the revelation of Jesus as Messiah of Israel, Son of God and Savior of the world. The Feast of Epiphany celebrates the adoration of Jesus by the wise men from the East, together with his baptism in the Jordan and the wedding feast at Cana.

Prayer: Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Next time... Rosary: The Third Luminous Mystery: The Preaching of the Kingdom *Luke 4:42-44*

And when it was day, he departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them, but he said to them, "I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose." And he was preaching in the synagogues of Judea.