

MARCH 2020

Experiencing the Paschal Mystery in My Consecrated Life

“Let the love of Christ be the guiding principle in our relationships with others, our Sisters and people of different cultures, to lessen prejudices, domination and control.”

(Capitular Acts 2019 p. 14 B)

1. As I begin my prayer, I ask for the **grace** of spiritual freedom to recognize and acknowledge what needs to “die” in myself in order that Christ may live in me.
2. I prayerfully read Luke 9:23. I imagine Jesus inviting me personally, *“If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.”* How do I feel? I talk to Jesus about this.

I take time to deeply ponder the invitation to discipleship. What is my disposition and response to the call to follow Christ and embrace the cross as expressed in the letter of Paul to the Galatians 2:19-20?

19“For through the Law I died to the Law, so that I might live to God. 20I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.” (Galatians 2:19-20)

3. Capitular Acts 2019 p. 14–B presents the path and the demands to follow Christ. I reflect on each point, evaluate my attitude and beg for the grace of spiritual freedom in order to live for Christ.
 - Rediscover the importance of asceticism, solitude and silence in order to die to our egocentrism, individualism and indifference.
 - Get out of the routine, of habits devoid of meaning and of our comfort zones to take up the challenge of encountering others in the truth.
 - Build communities of « second chances » where mutual forgiveness and mercy prevail.

What is the most significant point that touched my heart? How can I better claim and proclaim that Christ is my life?

I consider these questions and talk about them with the Lord.

4. As I look at Jesus, I beg for the grace to live and proclaim our Christocentric-Paschal Spirituality. I will deepen this truth in my daily life, relationships with others, and in the mission entrusted to me.

5. **Points for Sharing:** I share a recent experience wherein our Christocentric-Paschal spirituality became evident in my way of living. As a community, we will evaluate the following practices and suggest possibilities and opportunities to improve and grow in freedom and truth.
 - asceticism, solitude and silence
 - community routine and habits devoid of meaning
 - acts of kindness and piety in the community