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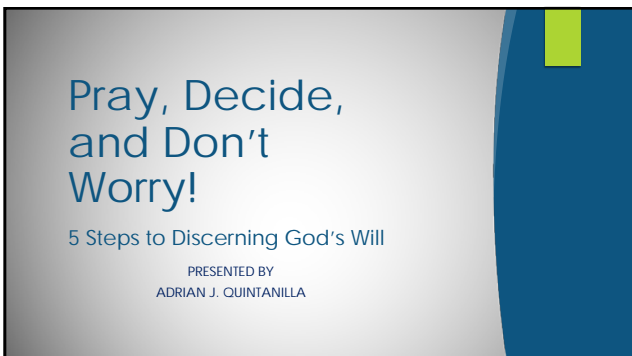
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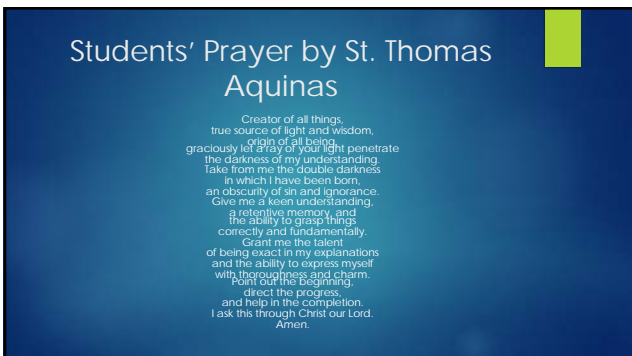
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### The Glory Be

Glory Be to the Father to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be world without end.

Amen



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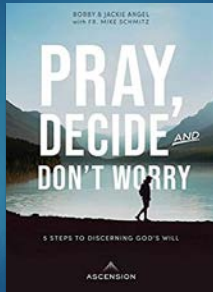
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- June 7
  - June 14
  - June 21
  - June 28
  - July 12
  - July 19
  - July 26
- \*10:00 A.M.\*



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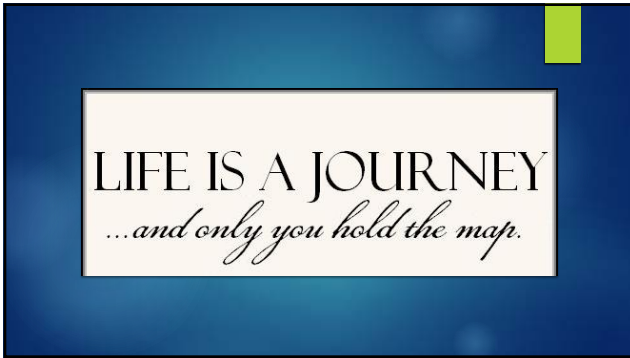
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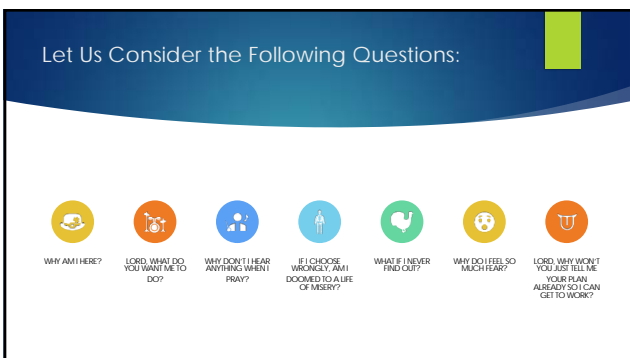
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### God's Intent



Enjoy the Journey!!! Life is a gift to be enjoyed, not a problem to be solved. Be patient and stay in the present moment. God will guide your steps (pg.4).

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### Questions to Ponder...

How is God speaking to your heart?  
What are the choices that lie before you?  
Do you trust in his plan?  
Will you take a step forward without knowing fully where the road will lead?



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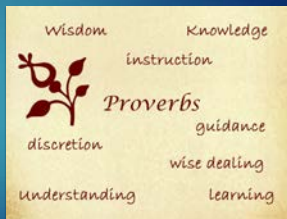
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### Proverbs 3: 5-6

Trust in the LORD with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.



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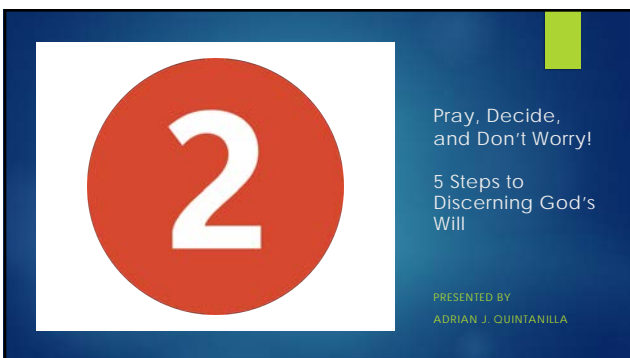
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Students' Prayer by St. Thomas Aquinas

Creator of all things,  
 true source of light and wisdom,  
 origin of all being,  
 graciously let a ray of your light penetrate  
 the darkness of my understanding.  
 Take from me the double darkness  
 in which I have been born,  
 an obscurity of sin and ignorance.  
 Give me a keen understanding,  
 a retentive memory, and  
 the ability to grasp things  
 correctly and fundamentally.  
 Grant me the talent  
 of being exact in my explanations  
 and the ability to express myself  
 with thoroughness and charm.  
 Point out the beginning,  
 direct the progress,  
 and help in the completion.  
 I ask this through Christ our Lord.  
 Amen.

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5 Steps To Discerning God's Will:

- Seek
- Search and Discern
- Silence
- Sort
- Step - Out



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First Step

Seek

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**SEEK**

Step one in the process of discovering God's will is to seek. Whether it is a religious call, a college decision, relationship issue, career change, family matter, or question how to invest time or money, we must honestly answer Christ's Question: "What am I seeking?" (pg.7)



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**John 1:38**

The very first words out of Jesus' mouth in the Gospel of John cut to the heart of the following question: What are you looking for?

- ▶ What is the cry of your heart?
- ▶ What excites you about life?
- ▶ What gets you out of bed in the morning?
- ▶ What is weighing on your mind?
- ▶ What are you avoiding?
- ▶ What are you trying to bury deep?
- ▶ What are you wrestling with?
- ▶ What are you willing to sacrifice for?
- ▶ How do you define a great life?



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**Material Wealth**

In the United States our suicide rates have increased by 30% since the 1990's.

The advances in technology and the rise of social media platforms have helped our generation be more digitally connected, but at what cost?

Many are left feeling personally disconnected and lonelier than ever before.

Current numbers suggest that 1 in 5 college freshman rely upon prescribed psychotropic medications to control anxiety and depression and suicide is currently the second – most common reason for the deaths of 10 – 34 years - old. (pg.8)



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### God's Desire

We are meant to exist at a level deeper than what the world can offer us. To be fully human is to live for something, to have meaning, to have purpose. A person without purpose is merely existing. (pg. 8)

**NO MATTER WHO YOU ARE, YOU HAVE A DIVINE PURPOSE.**

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- What am I seeking?
- What is weighing on my mind and heart?
- When I am 90 years old, what will I have wanted to accomplish or regret not doing?
- What matters most to me?

**REFLECTION QUESTIONS**

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who me?



Who Are You?

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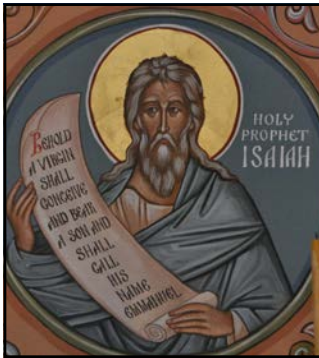
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Isaiah 43: 1

Thus says the Lord, he who created you... who formed you... : "Fear Not, for I redeemed you; I have called you by name, you are mine."

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You are a beloved child of God!



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- Who am I?
- What gifts have I received from the Father?
- What activities do I usually use to define myself?
- What is keeping me from seeing myself as a beloved child of God?
- Do I struggle with seeing God as a loving Father?
- Take it to Prayer: I am willed, I am loved, and am I necessary. My God, help me to believe this.

**REFLECTION QUESTIONS**

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We can experience many different types of fear. We can have the fear of missing out. This fear is known as "FOMO." We can experience fear of commitment if we have been wounded by abuse, divorce, or betrayal and would rather attempt to guard ourselves by shutting others out and never allow ourselves to become totally vulnerable. This can take pernicious forms, especially if we are tempted to self sabotage what could be life-giving relationships. (pg. 18)

 A word cloud with various terms related to fear and mental health. The most prominent words are "PHOBIA" in large red letters, "STRESS" in large black letters, "TRAUMA" in large black letters, and "FEARS" in large black letters. Other words include "symptoms", "pain", "nightmare", "shame", "panic", "guilt", "triggers", "anxiety", "attacks", "emotions", "hypervigilance", "worry", "avoidance", "horror", "disorder", "pain", "hurt", "suppression", "hum", "episodes", "disaster", "CATASTROPHE", "dread", "complex", and "TERROR".

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- I experience fear of...
- Where did this fear come from? What experiences in my life have led to this buildup of fear?
- What great things do I think I might be called to do?
- Ask God for boldness now. Ask for an increase in his trust and ask that all fear may be cast out. Sit for a few minutes with this prayer. Thank the Lord for his goodness.

Scripture to pray with:

- Psalm 118:6
- Haggai 2:5
- John 16:33

## REFLECTION QUESTIONS

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## Questions

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