

Suggested Schedule:

9:30 Preached Reflection and personal prayer

10:30 Questions for reflection (*scroll down to find pictures to reflect on, questions for reflection, and songs to help prayer*)

11:30 Rosary on the glorious mysteries

12:30 Preached Reflection and Personal Prayer

1:30 Journaling, write take-aways from the retreat. Feel free to continue using the questions for reflection if you found it helpful, or to continue listening to the 2 songs.

The Call of Matthew - Carravaggio



“A young rakish Matthew in his twenties sits slumped over a table surrounded by some friends and associates. His head is bent downward and his eyes are downcast and staring. On hand dangles feebly near the scattered coins in front of him. Jesus stands a few feet before Matthew at the other side of the table, with a piercing gaze cast upon him...Jesus arm is horizontally raised across the table, and a single finger of his outstretched hand points directly towards Matthew. The other figures in the scene are all well aware that Matthew alone has been signaled...Caravaggio takes us inside that long, dreadful instant of painful uncertainty when a decision must be made...” **From Conversion by Fr Haggerty**

Questions for Reflection



1. What attitudes do I see present in this picture of Mary above? Name them. Which attitude of the ones I see in her attracts my heart the most? Why? Where in my life could I live that attitude more?.
2. How would I describe God? What is my image of God now? What role does he have in my life? Who am I to God? Who has the last word in my decision making?
3. Is there anything in my life right now that doesn't make sense, that feels unresolved or that causes me worry or sadness? How do I open that up to the light of God? What new things does he want to reveal to me about his heart?
4. Is there anything in my life that helps me relate to what Mary might have felt at the foot of the cross? What has been an experience for me of feeling that God -the one who can take care of me and heal me- is the one who is allowing me to suffer? Talk to God about a dark moment that has left me confused. Ask him how he desires to change this darkness to light.
5. Have I ever felt like Mary Magdalene? Looking for Jesus, wanting to do the right thing but feeling lost and without answers? Have I ever not recognized Jesus? What do I want to give to Jesus? Has the desire to serve him enough or the desire to do the right thing overly worried me? Why?

6. Do I listen to God? How often do I consult him before I act? Have I ever asked Jesus how he desires that I love him? Jesus, how do you desire that I console your heart? What do I dedicate my time to? Is it because I know Jesus has asked this of me?
7. Are there any parts of my heart that I am afraid to let Jesus win over? Am I ashamed of some part of me? Am I afraid to change or am I afraid of appearing weak? Do I fear failure? Do I fear not being good enough?
8. How is Jesus setting me free? What does Jesus want to free me from? What is Jesus freeing me for?

Songs to help with prayer

Listen to these songs and if there is a line or two that stands out to you, take those to prayer and repeat them.

It is Well by Bethel https://www.youtube.com/watch?v=8Wb_WD1emFQ

New Wine by Hillsong https://www.youtube.com/watch?v=QbJaM_EneMw