



RETREAT FEBRUARY 2024

Be silent interiorly...Be ready to **listen** to God present in your heart. Ask Him for the ability to desire His will always and in everything.

LISTENING is always the beginning of a journey... Listen, O Israel... (Deuteronomy 6:4-9). We are children of a people in whose language the verb "**listen**" **exists**, because they knew that the one who truly listens responds later in a filial way.

"To pray is to **listen**, like **Mary**, because she listened to the Angel's announcement and opened her heart to God's plan. This is the **listening** of the Virgin Mary who welcomes the Angel's announcement with openness, which is why she does not hide the embarrassment and questions that this causes her but becomes involved in a relationship with God who has chosen her, accepting his project. There is a dialogue and there is obedience. Mary understands that she is the recipient of a gift, and she humbly listens."

"Listening requires inner silence, but also a space of silence between listening and the response. First, we listen, then in silence we welcome, reflect, interpret and only then can we give an answer. We learn all this in prayer, because it broadens the heart and educates us to listen to others." (Pope Francis)

Choose one of these texts that can help you increase your desire to listen to the Lord and apply His Word to your life.

Mark 4:23-32 Psalm 116:1-2

Luke 11:28 Luke 8:21

John 2:1-12 1 Kings 19:3-15

Pope Francis tells us: "The Lord always sows his Word. He only asks for an open heart to listen to it and a willingness to put it into practice." The two conditions for following Jesus are to listen to the word of God and to put it into practice. He also wrote: "every word of Scripture is first and foremost a gift before it is a requirement" and "we must welcome the Word with a docile and prayerful heart". (Evangelii Gaudium, 142, 149)

The art of listening, in communication with the other person, is the capacity of the heart that makes possible the nearness without which there is no true spiritual encounter. Listening helps us to find the appropriate gesture and word that moves us away from the quiet condition of spectators. It is only through this respectful, compassionate listening that one can find the paths of genuine growth, the

awakening of the desire for the Christian ideal, the longing to respond fully to God and the longing to develop the best that God has sown in one's own life.

LISTENING IN LENT...



TO LISTEN! The Church is on a synodal journey, a journey in which we are invited to listen and to listen to each other. Listen to what Church we want. Listen to everyone, not only those in the church.

Pope Francis speaks to us of a "**culture of listening**", **listening** to our brothers and sisters, listening to those who are close to me, listening to what others want to say to me. To hear and see the Lord, not only transfigured into glory, into light; Also, to hear

the cry of the brother in the other transfiguration. There is another, harder and more difficult transfiguration: "I was hungry, I was sick, I was naked and in prison... When did we see you...?" **To be a believer is to live listening to Jesus.** Moreover, it is only from this listening that the true Christian faith is born.

In this **Lent**, in order to listen to others, to listen to Jesus, we must get out of our designs, we must slow down, we must stop and put ourselves in an attitude of listening.

What does the other person want to tell me? What does the Lord want to say to me? What does this tell me, what does it commit me to? What exactly is the other person asking of me? What does the Lord ask of me in my life today?

What the Lord asks of you, in this Lent, is a change in your life, a look within yourself, an awareness of the path that is often far from God and from others, a path that you must rectify. It asks you for greater patience, understanding, service, solidarity, generosity, dedication, and also, greater listening.



Today we are asked to **"Listen to Jesus."** Listen to who the Truth is. Listen to his message. Listening to Him can heal us of our indifference, of our blindness that prevents us from seeing the suffering of others, it can free us from discouragement and cowardice, it restores hope, and, above all, it can heal us from our indifference.

All this will give a new vigor to our faith, and thus we will be authentic witnesses to others.

Pope Francis tells us, "The command to the disciples and for us is this: 'Listen to **him.**' Listen to Jesus.

JEANNE DE LESTONNAC LISTENED...

Jeanne de Lestonnac, a woman open to God, to her family and to the society of Bordeaux; a woman who **listens** to the Lord from the reality that surrounds her. She reads the events of life from the moment she knows that she is permanently guided by Him, and she seeks the answer she is called to give, from the grace she has received and aware of the role of women in the history of salvation. She intuits and shapes the Company of Mary, a dynamic community, capable of responding and **"Reaching Out" to**

situations in need of salvation, from an educational service: "Whoever educates a woman, educates a family."



A voice she **heard** in her youth: **"Take care not to let the flame that I have lit in your heart be extinguished"** is the experience that will sustain her throughout her life.

Listening is at the heart of every synodal process, a listening inspired by the Holy Spirit.

Acknowledging one's own reality, reading life from God's point of view, the invitation is **to listen to the present**, convinced that the quality of listening determines the quality of the response:

- **What is my attitude of listening to the Lord, to others, and to reality?**
- **What do I hope to find in this season of Lent?**

COMMUNITY SHARING. (...can help...)

SONGS: ESCUCHA:. Ain Karem. You Tube

TU NOS INVITAS SEÑOR: Salomé Arricibita. You Tube.

BIBLIOGRAPHY.

Address of Pope Francis to the Roman Curia, 2023

Bible

Personal notes