

Loving Brethren

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

"Entreat the God of hearts to keep your heart and that of your brothers and sisters one in the heart of Jesus." (Meditation No. 39.3)

FIRST MOVEMENT

1. Pause for a few minutes and recall that God dwells in you.

"God is love, and those who abide in love abide in God and God in them."
(1 Jn 4:16)

2. Ask God for the grace to be faithful to the word that God speaks in the depths of your being.

"Anyone who loves me will be true to my word, and my Father will love them; we will come to them and make our dwelling place with them." (Jn 14:23)

SECOND MOVEMENT

3. Contemplate the Mystery of God's Love at Work in the World

Read the following Scripture passage a few times slowly. What word or words especially catch your attention? Let these words be another expression of God's love for you.

"I declare and solemnly attest in the Lord that you must no longer live as the pagans do. ... That is not what you learned when you learned Christ! I am supposing, of course, that he has been preached and taught to you in accord with the truth that is in Jesus: namely, that you must lay aside your former way of life and the old self which deteriorates through illusion and desire, and acquire a fresh, spiritual way of thinking. You must put on that newness of one created in God's image, whose justice and holiness are born in truth. ... Therefore, be imitators of God as his dear children. Follow the way of love, even as Christ loves you. He gave himself for us as an offering to God, a gift of pleasing fragrance." (Eph 4:17, 20-24; 5:1-2)

4. Reflect on the Mystery of God's Love at Work in Your Own Life

Do you follow the way of love in your dealings with those with whom you live and work? Are you kind, patient and forgiving of others?

Are you seriously striving to acquire a fresh, spiritual way of thinking and to put on that newness of one created in God's image?

Are you as selfless in your love of others as Christ has been in his love and acceptance of you?

What progress have you made in the way of justice and holiness?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

Spend a few minutes thanking God for all he has done for you and for all of those whose love is a tangible sign of God's faithful care of you.

What obstacles remain to allowing you to be all that God wants you to be in Christ?

Where and with whom do you sense that God is inviting you to be more loving today?

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.