

# Dying to Self

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

"I solemnly assure you unless the grain of wheat falls to the earth and dies, it remains just a grain of wheat. But if it dies, it produces much fruit." (Jn 12:24)

## FIRST MOVEMENT

- 1. Take a few minutes to recollect yourself and recall that God is always present wherever you are.**

"Even though I walk in the dark valley, I fear no evil; for you are with me; your rod and your staff give me courage." (Ps 23:4)

- 2. Ask God to help you better understand and want the same things in life that God wants.**

"Whoever wishes to come after me must deny one's very self, take up one's cross, and follow me," says the Lord." (Mt 16:24)

## SECOND MOVEMENT

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

Read the following passages a few times slowly. What word or words especially catch your attention? Listen to what is being said. Lovingly contemplate Jesus Christ and the relationship of love into which he invites you.

"Let it be clear, then, in all your relations with the children who are entrusted to you that you look upon yourselves as ministers of God, acting with love, with a sincere and true zeal, accepting with much patience the difficulties you have to suffer, willing to be dishonored by others and mistreated, even to give your life for Jesus in the fulfillment of your ministry." (Meditation No. 201.1)

"Insults, rebuffs, calumnies, persecution, and even death were the rewards meted out to the saints, the apostles, and even Jesus Christ himself. Do not hope for any other if you really have God in view in the work he has confided to you." (Meditation No. 155.3)

"Your zeal must go so far ... that you are ready to give your very life, so dear to

you are those entrusted to you." (Meditation No. 198.2)

"Your faith should ... lead you to show that ... you are true disciples of Jesus Christ, having only God in view in your actions. You should manifest ... courage and intrepidity in teaching the maxims of the Gospel, your zeal and your faith being strengthened by the thought that you are God's ministers, and that you act in his name." (Meditation No. 87.1)

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

In the service of what do you spend your life and your resources?

What activities sustain your commitment, nourish you spiritually and give meaning to your life?

Does your union with Christ in the ministry you do enable you, in some way, to lay down your life each day for others?

Do you exhibit great concern and patience in your care of others? Or do you give in to the first impulse of ill humor or anger and give corrections heedlessly or inappropriately?

### **THIRD MOVEMENT**

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

Where is the Spirit drawing you to sacrifice yourself today that others may have life?

Ask God for the help you need to be effective and faithful in this ministry which has been entrusted to you.

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*.