



S E P S

FOLLOWING IN THE FOOTSTEPS OF JESUS

PRACTICE

PRAYER & SACRAMENTS

Learning a new skill can be challenging. Ever tried to teach yourself how to juggle? It takes some time and more than a few dropped balls, or oranges or knives - whatever it is you're trying to juggle. It can be a little easier when someone teaches us, but we're the only ones who can do the work of practicing a new skill.

This is also true for our prayer life. Hearing God speak to us, sharing our hearts with Him, reading scripture, silencing our minds - all these elements of prayer are skills that we learn. And while it certainly helps when we have someone to teach them to us, we have to practice them.

NO ONE CAN DO IT FOR US.

But that's how it's supposed to be! Prayer is how we grow in friendship with God, and if someone else did it for us, would that relationship grow? Probably not.

He wants to know our heart intimately and wants us to know His. This happens through prayer, and whatever way it takes place! At Mass (virtual or in-person), at Thursday Adoration, in your car driving past an accident, clinging to that last shred of patience with the family, in thanks and praise, or in anger and confusion. Each moment of prayer brings us more deeply into the heart of God and brings life to our relationship with Him.



HEART TO HEART

What does it feel like to have a heart-to-heart? Although many of us are feeling isolated these days, chances are at some point you've had a conversation that left you feeling connected and close with another person.

But heart-to-hearts are harder with God. Busyness, stress, sickness and life in general can easily distract from prayerful connection with God—whether we pray regularly or haven't prayed in years. And while we're entering into Lent in the midst of the pandemic, it's still a great time to recognize God's overflowing love for us and respond with prayer.

That's where our Lent message series comes in. It's called "Heart to Heart." Each Sunday of Lent at 9am and 6pm, we'll explore a dimension of prayerful intimacy with God—from remembering and listening to grieving with God. You'll hear a clear, practical message that will help you open up to God's heart and teach you how to share your heart in return.

ARE YOU LOOKING FOR A LITTLE GUIDANCE AS YOU GROW IN YOUR PRAYER LIFE?

WE'RE JOURNEYING TOGETHER THIS LENT IF YOU'D LIKE TO JOIN!

If you're not already coming to Mass, we invite you to join us for Ash Wednesday (February 17) at 12pm or 6pm online. Then stick with us online at 9am or 6pm for the whole Lent series. You won't want to miss it!



Tune into Heart to Heart every Sunday at the 9am and 6pm Masses



"Men, their happiness and their life, are so important that the very son of God gave Himself to redeem and cleanse and raise them up. "Who will not love this heart so wounded", a contemplative asks in this connection. "Who will not return love for love. Who will not embrace a heart so pure?"

**ST. JOSEMARIA
ESCRIVA**