



FEEL YOURSELF IN EVERYTHING



SETTING

From within I take refuge in You, I wait, I prepare myself. I am inspired by your Word and I place my inner ear on it.

Father, I put myself in your hands, do with me whatever you want... This disposition that I have has the possibility of expressing itself in every word, in every gesture, in every thought, in every dream; it is possible, it is real.

A call, a self and a meeting. Three words, experiences that speak of who we are and above all of what we can be.

Distinguish your voice among voices, discover yourself, where, in who or what, how and when; listen to you, follow you.

Your voice is heard in the silence, in the poor, needy, vulnerable, in justice, in love and in peace. Open Lord my eyes, my ears, my heart, my mind and help me to distinguish you in each one.

If you hear your name, respond: Here I am!

Every day you call us, every day we can respond.

SONG. LORD I OFFER MY LIFE TO YOU –worship videos

https://www.youtube.com/watch?v=LmBcZeUPmSw

GOSPEL. John 1, 35-42

"John the Baptist was there again with two of his disciples and, looking at Jesus as he passed by, he said: 'This is the Lamb of God.' The two disciples, hearing him speak thus, followed Jesus. He turned around and, seeing that they were following him, asked them: "What do you want?" They answered him: "Rabbi – (which means Teacher) where do you live?"

"Come and see," he told them. They went, saw where he lived and stayed with him that day. It was about four o'clock in the afternoon. One of the two who heard John's words and followed Jesus was Andrew, Simon Peter's brother.

The first one he found was his own brother Simon, and he said to him: "We have found the Messiah," which translated means Christ. Then he took him to where Jesus was. Jesus looked at him and said to him, "You are Simon, the son of John: your name will be Cephas," which translated means Peter.

To deepen the text (Marie-Noëlle THABUT)

Two phrases frame the story of Samuel's vocation, in today's first reading. The beginning of chapter 3 specifies: "The word of the LORD became rare in those days; the vision was no longer common." (1 Sam 3, 1). And at the end of the story, the author concludes: «Samuel grew up. The LORD was with him and left none of his words without effect. All Israel, from Dan to Beer-Sheva, knew Samuel was recognized as a prophet of the LORD. The LORD continues to appear in Shiloh through the word of the LORD, and the word of the LORD was addressed to all Israel. (1S 3,21s).

Reading Psalm 39(40), we might think: "Tell me your sacrifices, I will tell you who your God is." Our God, is he a God who must be calmed? From whom are we to obtain good graces? Near whom should we acquire merits? An angry God who must be appeased? A God who demands dead people? Then our sacrifices made with this spirit will be magical rites to, in some way, buy God. Or, rather, our God is a God who loves first... a God whose plan is benevolent... whose grace is obtained in advance, because He is nothing but Grace... the God of Love and Life. The entire Bible is the story of this slow learning to move from the first image of God to the second. Paul, in 1 Corinth:, gives a moral lesson, but he does not place himself on the ground of what is permitted or what is prohibited. It goes deeper and tells us: be consistent with your baptism, there is a Christian logic. There are behaviours unworthy of a Christian. "Everything is permitted to me, but everything is not convenient for me." "Everything is permitted," Paul said, implying: since the Spirit of God is in you since your baptism, you no longer need an external law imposed on you, you can freely choose your conduct: if it is inspired by the Spirit of God, will necessarily be in accordance with the Law of God. Then, the last phrase can be understood: "Give glory to God in your body"; this means, and it is incredible, even fantastic, that our concrete life is a reflection of the presence of God.

In the Gospel of John, it can be deduced that the expression "Lamb of God" was common. For those who knew the Old Testament well, and this is the case of the disciples of John the Baptist, the expression "lamb of God" could evoke four very different images. First, one could think of the Passover lamb: the Easter rite, each year, reminded the people that God had freed them. Second, the word "lamb" made one thinks of the Messiah of whom the prophet Isaiah had spoken. He called him Servant of God and compared him to a lamb. According to Isaiah, the Servant of God, the Messiah suffered persecution and death (that is why the prophet spoke of the slaughterhouse), but quickly, the Servant was recognized as the saviour of all humanity. Third, the evocation of a lamb made Isaac think, Abraham's beloved son. Finally, fourthly, listening to John the Baptist speak of the lamb, the disciples were able to think of Moses, because the Jewish commentaries on the Exodus compared Moses to a lamb, however the image is also applied to Jesus, the "meek and humble at heart ". Victim and yet triumphant!

Clues for prayer

He knew how to find his place. What does John the Baptist invite us to do?

- Where have you found or do you find the Messiah?

- How, with your life, do you invite us to look at the "lamb of God"?



AMBIENTAL MUSIC

KENDRA SPRINGER – HOP

https://youtu.be/4TC4BG8qVn4?si=bRzgslXzaGkynWPt

FEEL YOURSELF IN EVERYTHING

You Lord call me. In your word, I find peace. In your presence, I am someone. You are my guide, my breath. You Lord call me. In the whisper, I identify you. With that inspiration, I feel good, I encourage you to follow you. You Lord welcome me. In your delicate voice, I let myself get involved. The proposal is exciting, live and make life possible. You Lord propose to me, put on your glasses, and see everything. I really want to see, with this style of yours, who wants everything, He excuses and welcomes everything.

You Lord show me how to look. Like walking, how to feel and express; but you don't impose, you make me free, You Lord speak to me. of the simple people, of wars. of those who suffer today, of those who are only... Give me Lord the capacity to be, feel and express and teach me to walk in the reality of every day. teach me to interpret things and to read needs. Grant me the talent the one that is delivered and what is given, without further ado. Because I am sorry, because I want it. Here I am Lord. I hear you.

SONG.HERE I A LORD: ERIC TOM

https://www.youtube.com/watch?v=EcxOkht8w7c



Sisters of charity of St. Anne. C/ Madre Ràfols, 13 - 50.004 - ZARAGOZA (Spain) www.chcsa.org



