

SOLT Lay Formation Facilitator's Guide

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

GUIDED HOLY HOUR – Facilitation #3

Note to Facilitators: Please follow the guide for the Holy Hour provided in your Facilitator's Guide. The following meditation may be handed out to the participants and inserted as indicated in the aforementioned guide. If you are blessed to have a priest or deacon to lead the hour, please allow all decisions regarding meditations, and whether they should be read aloud or simply be available as a handout, to be made by the presiding priest or deacon.

In your personal prayer time before any facilitation regarding Living for the Triune God, you will make a Holy Hour in the days preceding the facilitation. You will prayerfully discern the meditation yourself before Our Lord in the Blessed Sacrament, and will spend time in intercession for all those who will be discerning later in the week. This time spent in personal discernment and in prayer for these Children of God is essential.

Tabernacle Question:

Today, God has called you in His love to break you free from the fears and the worries and the anxieties and the confusion that this world causes, to break you free so that you know that you are willed, loved and necessary.

Do you know that? You are willed, loved and necessary.

God before all of creation in His mind's eye in His infinite goodness, in His infinite Wisdom, Our Father looked across billions of possibilities and chose to create you. He loves you. You were created in His love. You were willed by God to exist and to know Him, love Him and serve Him and be happy with Him forever.

Ask Jesus to reveal to you the Father's plan for you throughout all of eternity. Ask the Holy Spirit to speak this Truth deep into your heart. Ask Our Lady to help you to respond generously to this gift of revelation of the Father's plan for your life. Praise Our Triune God for the abundant goodness of a life lived in communion with the Trinity – Fr. Zachary of the Mother of God

Song – If I Touch Him from Danielle Rose, I Thirst

SOLT Lay Formation Program

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

GUIDED HOLY HOUR – Facilitation #3

Tabernacle Question:

“Today, God has called you in His love to break you free from the fears and the worries and the anxieties and the confusion that this world causes, to break you free so that you know that you are willed, loved and necessary.

Do you know that? You are willed, loved and necessary.

God before all of creation in His mind’s eye in His infinite goodness, in His infinite Wisdom, Our Father looked across billions of possibilities and chose to create you. He loves you. You were created in His love. You were willed by God to exist and to know Him, love Him and serve Him and be happy with Him forever.

Ask Jesus to reveal to you the Father’s plan for you throughout all of eternity. Ask the Holy Spirit to speak this Truth deep into your heart. Ask Our Lady to help you to respond generously to this gift of revelation of the Father’s plan for your life. Praise Our Triune God for the abundant goodness of a life lived in communion with the Trinity.” – Fr. Zachary of the Mother of God

Song – If I Touch Him from Danielle Rose, I Thirst

