

SOLT Lay Formation Facilitator's Guide

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

GUIDED HOLY HOUR – Virtue

Note to Facilitators: Please follow the guide for the Holy Hour provided in your Facilitator's Manual. 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:

Profound Humility

First, Our Lady lived a life profound humility. She recognizes that she was created out of nothing in God's goodness. She kept her vision, her heart, on the greatness of God. She saw everything she received as gift. She considered herself the last, the least and the lowest. And yet God bestowed on her, His greatest gift: Jesus Christ.

The Holy Spirit came upon Our Blessed Mother when she said "yes" to the plan of God. Jesus seeing her profound humility leapt out of heaven into her womb. And the Word became flesh and dwelt among us.

Humility moves God. Do you want to move God? God cannot resist humility. But the proud, He keeps a distance from. It says that right in Sacred Scripture. You see over and over and over again, how Our Lord teaches us the path to humility. He who is the second person of the Trinity doesn't deem equality with God something to be grasped at. Rather He empties himself and takes the form of a slave. Being born in the likeness of men. He was known to be of human estate and it was thus that He humbled himself, obediently accepting death, even death on a cross. That's in 2 Phil 2:6-11. That great Christological hymn.

And so, we see the humility of Christ that Our Blessed Mother embraces. Humility moves God. Humility is the foundation of all virtues according to St. Augustine. Humility is the foundation of the life of virtue and life of God. And so let us embrace humility. Let us learn from Our Lady. Let us pray to be humble. Let us ask Our Lady to teach us about her Son who is meek and humble of heart.



SOLT Lay Formation Program

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GUIDED HOLY HOUR – Handout

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¹ Fr. Zachary of the Mother of God, *Virtue*