

# Antibodies for New Life



Field Hospital



“FOR PRAYER IS  
NOTHING ELSE  
THAN BEING ON  
TERMS OF  
FRIENDSHIP WITH  
GOD.”

ST TERESA OF AVILA



Meet



Talk

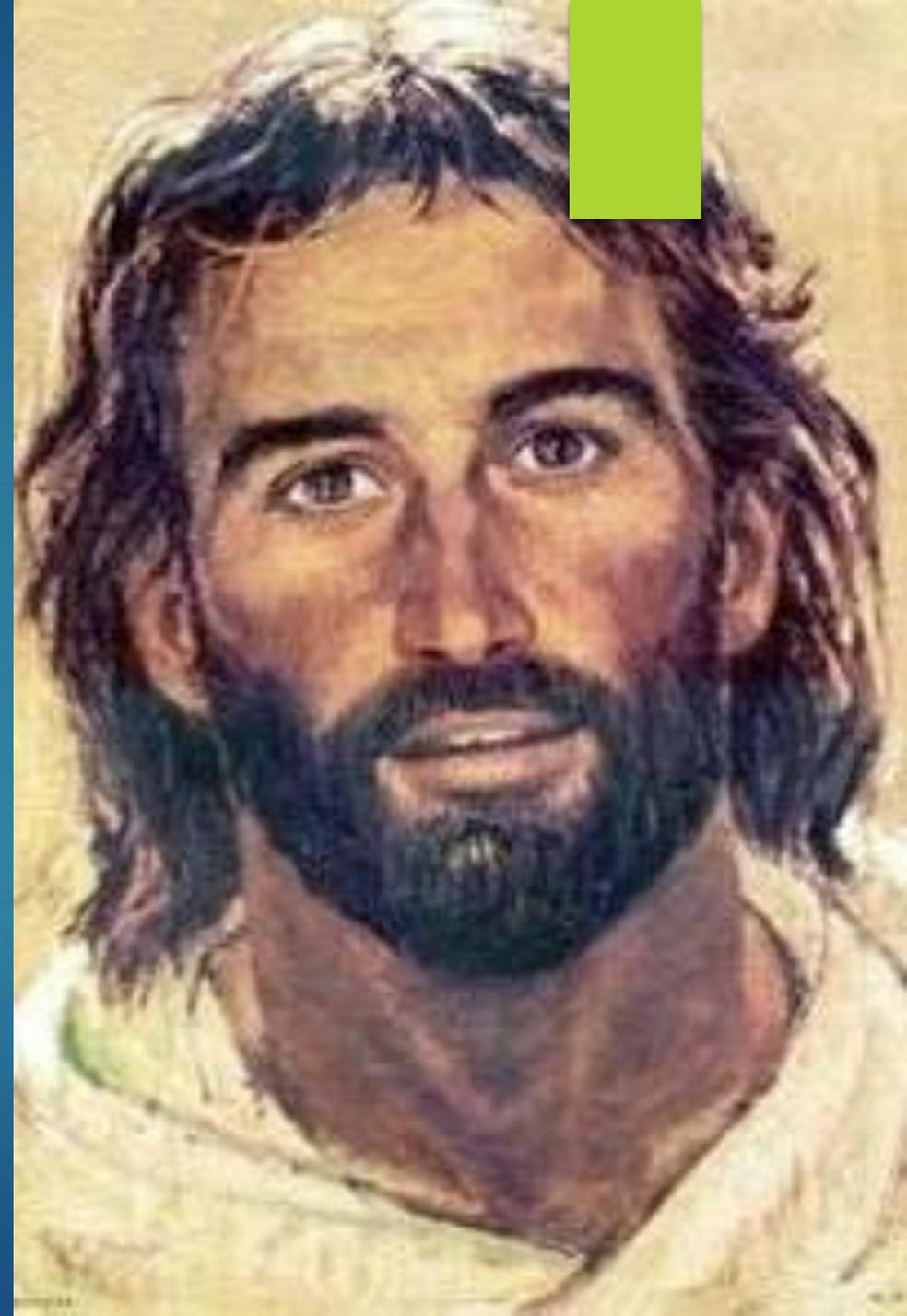


Spend  
Time

# Meeting Jesus

“Being a Christian is not the result of an ethical choice or a lofty idea, but **the encounter with** an event, **a person**, which gives life a new horizon and a decisive direction.”

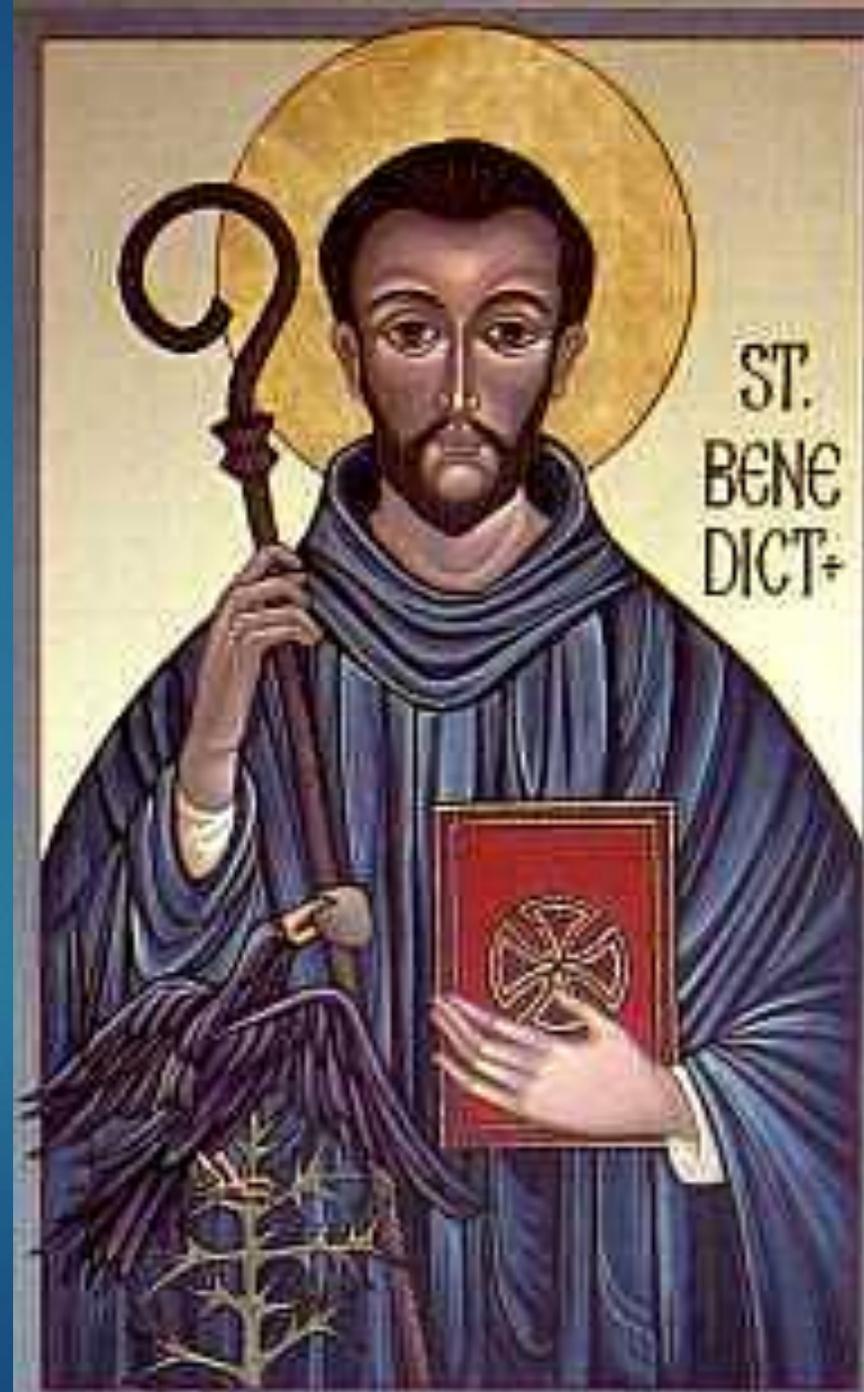
POPE BENEDICT XVI, *DEUS CARITAS EST* 1.



# Talking and Listening to Jesus

*Lectio Divina* (divine reading):

- ▶ Read the Word;
- ▶ Chew over the Word;
- ▶ Talk to God about the Word;
- ▶ Respond to the Word.



# Significant writing

- ▶ Letter from a lover
- ▶ Instructions from a commanding officer
- ▶ Last letter from a parent who has died
- ▶ News from someone you greatly admire
- ▶ Words of life from God



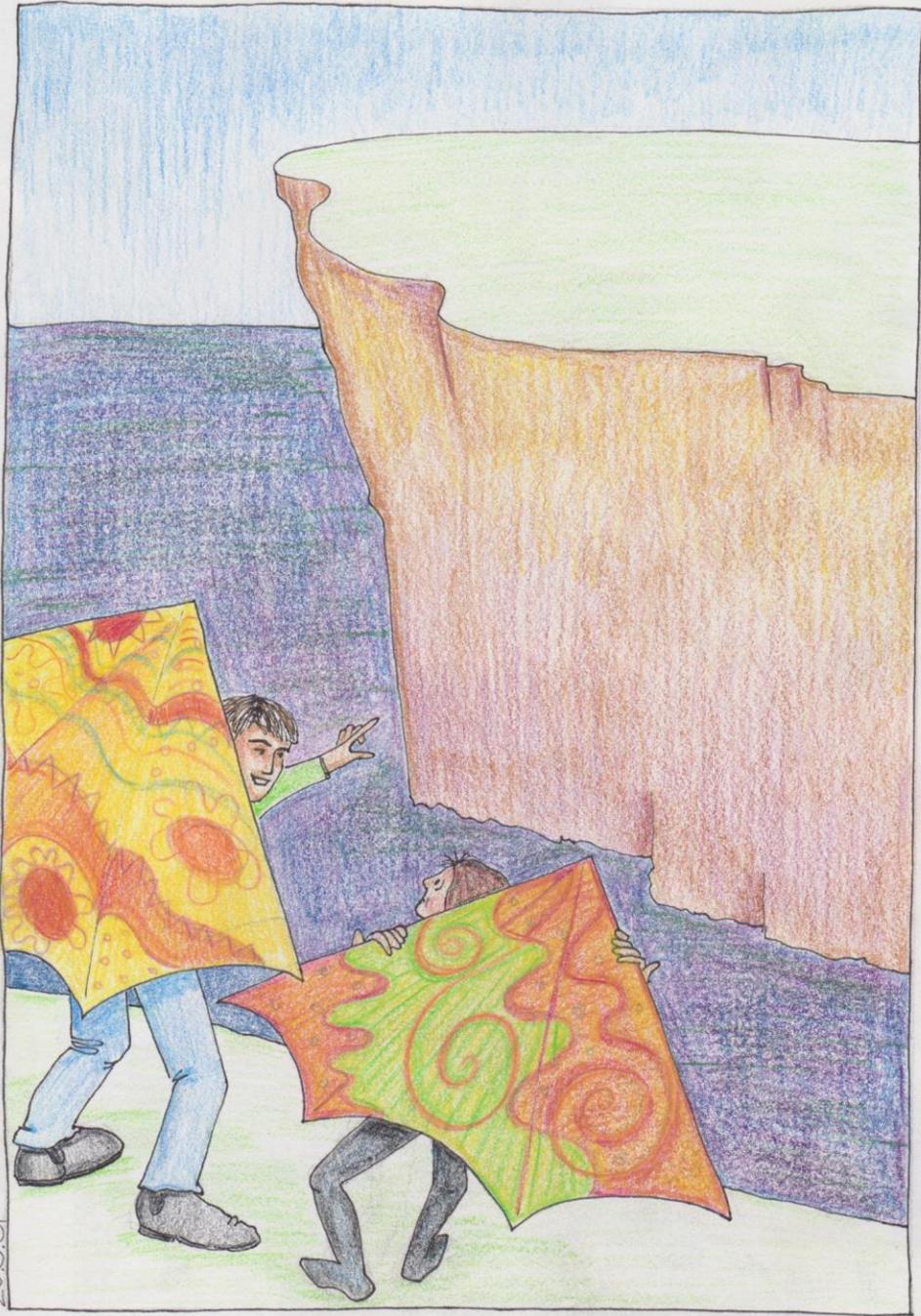
# Spending Time with Jesus

## Being creative together:

- ▶ Choose a way to be creative;
- ▶ Ask the Holy Spirit to work with and speak to you ;
- ▶ Create, but don't forget to notice what God is saying and doing while you do;
- ▶ Journal about what you feel God was saying during your time of creating.







26801



Lucy 29.12.07

Mary + Elizabeth dancing around the Advent candles singing "Jesus is Coming".



# *Spending Time with Jesus*

## *Ignatian Gospel Contemplation:*

- ▶ Read a Gospel passage;
- ▶ Imagine the scene;
- ▶ Experience the story;
- ▶ Speak to God about your experience;
- ▶ Respond to what you have experienced.



