



Feast on God

FEASTING I



Quesadilla

Jesse Cortez on Unsplash



Burger

Chad Montano on Unsplash



Steak



Alfredo pasta

FC redux

Favorite foods



My Top 10 Favorite Drinks





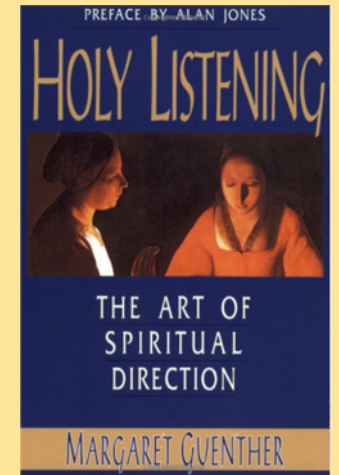
Familiarity

What we HUNGER for





God, of your goodness,
give me yourself,
for you are enough for me,
and I can ask nothing less
which can pay you full worship.
And if I ask anything less,
always I am in want,
but only in you do I have
everything.



Dame Julian of Norwich (page 65)



“You are this deer, walking slowly, deliberately, cautiously towards Me. Your skittishness is understandable, given everything you’ve been through. But you can trust Me.



Psalm 42:1 As a deer longs for streams of water,
So my soul LONGS for you, O God.

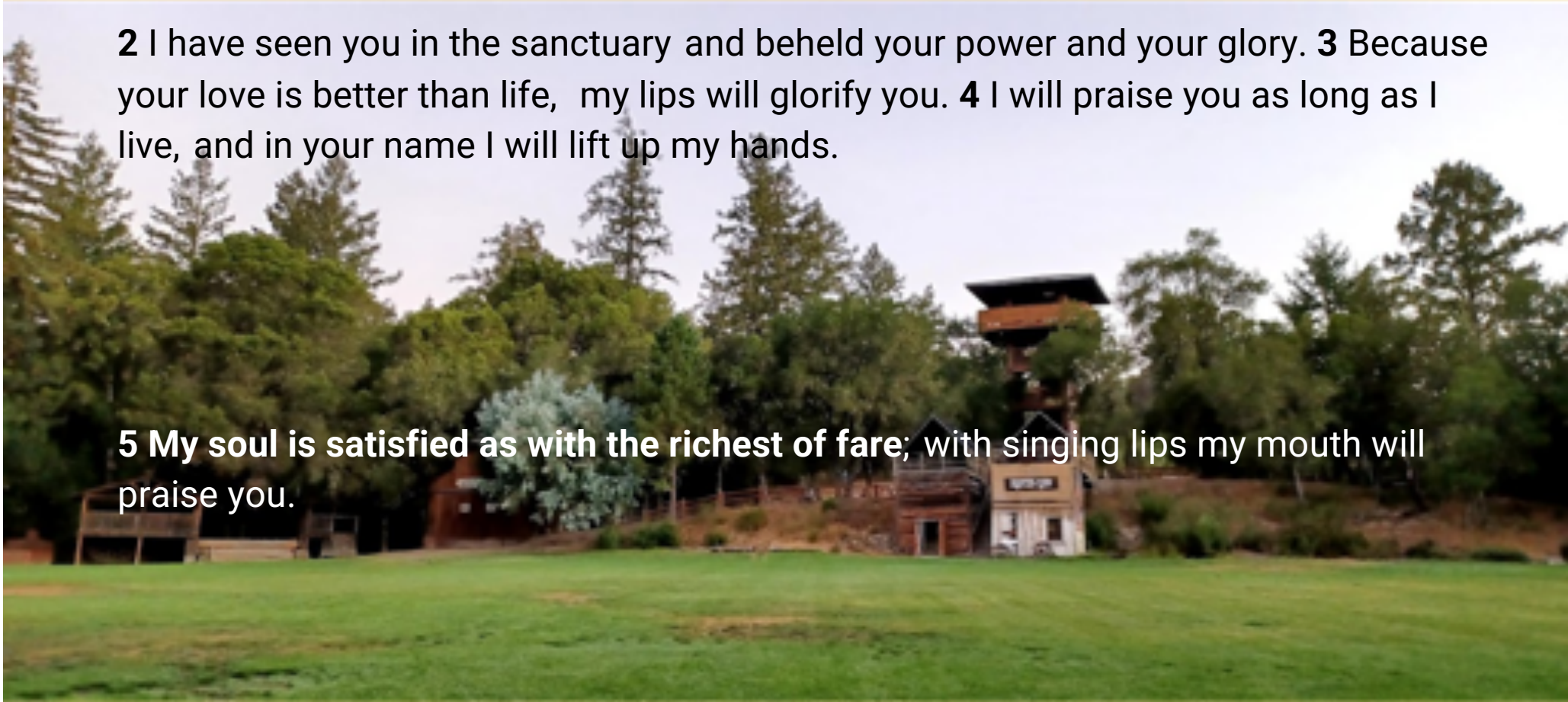
42:2 My soul THIRSTS for God, for the living God...



Psalm 63:1 You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.

2 I have seen you in the sanctuary and beheld your power and your glory. **3** Because your love is better than life, my lips will glorify you. **4** I will praise you as long as I live, and in your name I will lift up my hands.

5 My soul is satisfied as with the richest of fare; with singing lips my mouth will praise you.



YOU, Lord, are what we THIRST for.
YOU, Lord, are what we FEAST on. YOU, Lord, YOU.





YOU, Lord, YOU.

The Lord's Supper looks *backward* as a *remembrance* to the death of Christ for our sins. It looks to the *present* as a *communion* with the living Christ, and it looks to the *future* as a *promise of eternal life* in the presence of God.

(past/present/future) exercise from Lilly 5 cohort retreat

The “Anima Christi” - favorite prayer of St. Ignatius

He recommended reciting the prayer at the end of one’s prayer time. David Fleming, S.J.’s version reads:

*Jesus, may all that is in you
flow into me.*

*May your body and blood be
my food and drink.*

*May your passion and death be my
strength and life.*

*Jesus, with you by my side enough
has been given.*

*May the shelter I seek be the shadow
of your cross.*

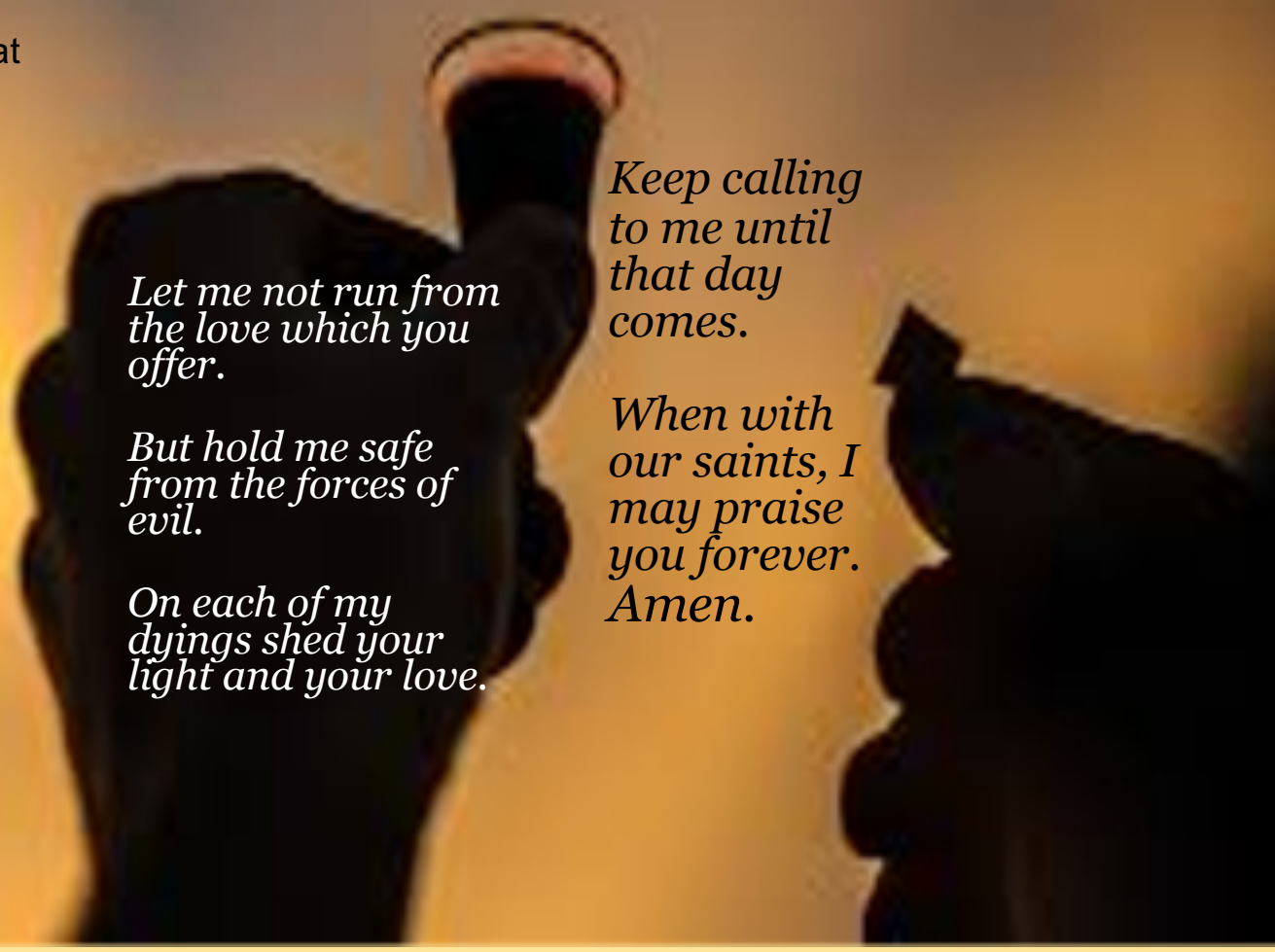
*Let me not run from
the love which you
offer.*

*But hold me safe
from the forces of
evil.*

*On each of my
dyings shed your
light and your love.*

*Keep calling
to me until
that day
comes.*

*When with
our saints, I
may praise
you forever.
Amen.*







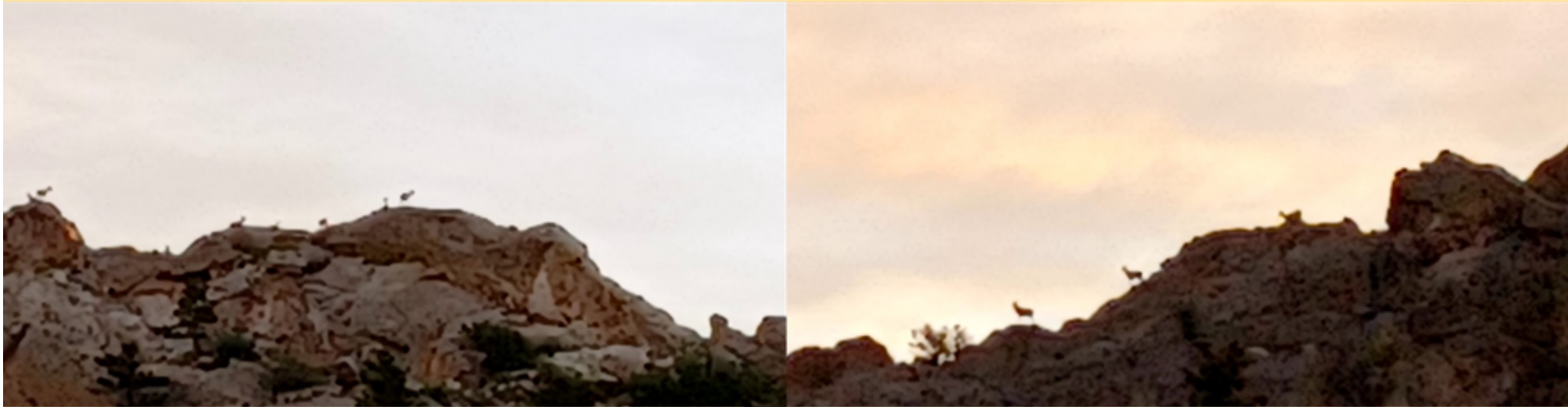
There you are... you've come down a hard path. Your road ahead will be a bit easier than your road before.



Look back at all that came before,
and see that I was there, with you.



As you look ahead to the future, there will be new mountains to climb, but friends will be there, awaiting you. You will not walk alone.



What are you struggling with right now?

(How could you surrender this to God in trust?)

- Managing work
- Letting go
- Dynamics at home
- Sandwiched between generations
- Directionless
- Self-doubt
- Depression
- Mental health
- Future of OVCC



Love (III)

BY GEORGE HERBERT

☛ Love bade me welcome. Yet my soul drew back
 Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
 From my first entrance in,
Drew nearer to me, sweetly questioning,
 If I lacked any thing,

A guest, I answered, worthy to be here:
 Love said, You shall be he.
I the unkind, ungrateful? Ah my dear,
 I cannot look on thee.
Love took my hand, and smiling did reply,
 Who made the eyes but I?

Truth Lord, but I have marred them: let my shame
 Go where it doth deserve.
And know you not, says Love, who bore the blame?
 My dear, then I will serve.
You must sit down, says Love, and taste my meat;
 So I did sit and eat.

I hereby include the English poem that I recited to you, *Love*; it played a big role in my life, for I was busy reciting it to myself at the moment when, for the first time, Christ came to take me. I believed I was merely resaying a beautiful poem, and unbeknownst to myself, it was a prayer.

- Simone Weil, French philosopher



Can you feast on God's creativity, the glories of his creation, his magnificence, his power?

Where does that happen best for you?



YOU, Lord... YOU.

Just to break it down and clarify what it is I'm speaking about today:

I'm inviting you to experience the God of Creation who can SPEAK to you, who can NOURISH you, in ways BEYOND the realm of what you Read and Understand with your Mind thru Scripture. A God who longs to COMMUNICATE to you -- to ANSWER the unspoken questions of your Heart -- thru the EXPERIENCES you can Have with Him in NATURE.

And this same God wants to COMMUNE with you -- thru the Body and Blood of Jesus Christ -- but also thru Daily Bread, Living Water -- he wants to EAT with you, FEAST with you, several times throughout a day -- CONNECT with You. YOU, IN THE FLESH! And thus, in the Spirit.

Do you see? Can you feel this? Will you be open to this experience?

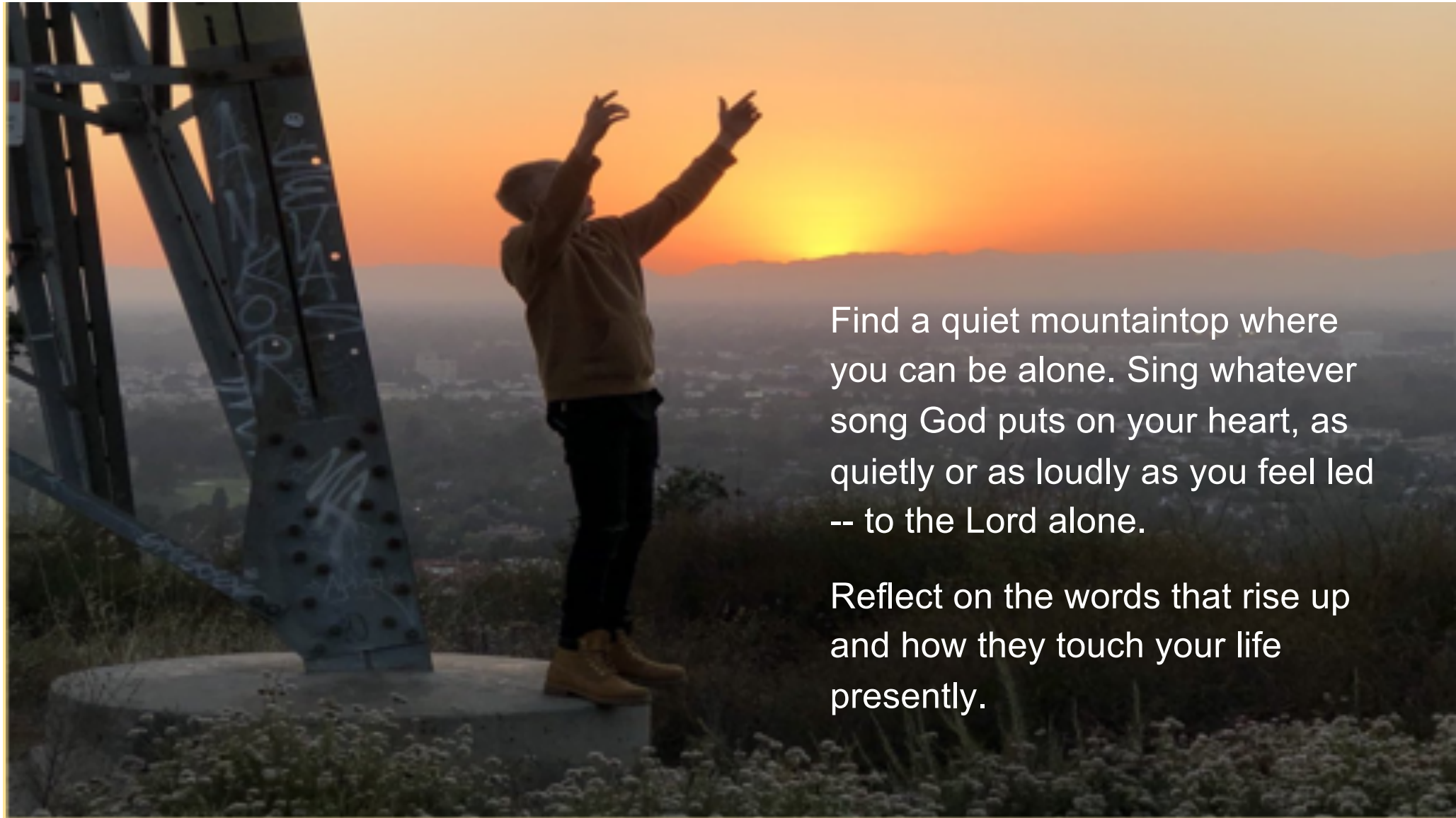
Feast on God - in solitude

Stay up late and find a place to stargaze and look up at the moon. Marvel at God's ability to shine light on your life whether in the daytime or in the evening.



Wake up early and sit in the quiet stillness of the morning. Savor the sun which rises every day. Reflect on God's unchanging faithfulness.





Find a quiet mountaintop where you can be alone. Sing whatever song God puts on your heart, as quietly or as loudly as you feel led -- to the Lord alone.

Reflect on the words that rise up and how they touch your life presently.

Feast on God - with Friends + Family

Invite several friends over for the holidays and prepare a special meal to share



Craft a QUESTION to open up conversation -- or **pick a THEME** to share about

How has God been present to you over the past year of life?

STABILITY

Describe a moment in which you felt close to the Lord this year

ANCHOR





What might the outcome be?

Satiated

Satisfied

...and...

Secure

Though the fig tree does not bud
and there are no grapes on the vines,

though the olive crop fails
and the fields produce no food,



though there are no sheep in the pen
and no cattle in the stalls,

18 yet I will rejoice in the Lord,
I will be joyful in God my Savior.

**The Sovereign Lord is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.**

Habakkuk 3:17-19