



Annette

ROWING IN DEPTH

- I watch the video more than once...
- I let some sentences echo in my heart and question me ...

"Wrapped at every moment in the loving glance of Providence..."

- ≈ I embrace this truth in the depths of my heart. I let myself be wrapped by the loving glance of God.
- ≈ I ask God for the grace to be enveloped and caressed by His gaze.

***« The Good Master does not demand success or spectacular deeds,
a loving heart is all that He expects »***

- ≈ I embrace this truth in the depths of my heart. God only wants my love
- ≈ How do I live the experiences of failure and of not being a protagonist ?
- ≈ I ask God for the grace to have a humble heart, a heart that loves and responds to God's free initiative which always comes to meet me.

***« He always takes on the greater part of the labor
and of the sorrows that come our way »***

- ≈ I embrace this truth. I think about some difficult moments in my life.
- ≈ From where does the feeling of loneliness come, sometimes, in life's difficulties ?
- ≈ I ask God for the grace to trust in his promise : *"Do not be afraid, I am with you"*.

I finish my time of praying, resting in this Good God who looks at me with love, this Good Master who seeks a heart that responds to his love, who assumes the most difficult part of the journey.

I participate in His joy... the joy of preparing a great recompense for me... I thank Him.





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ANNETTE AND THE GOSPEL

I prepare myself for a moment of prayer. I have a Bible in my hand.

I watch the video twice...

≈ Does this video connect me with a phrase from the Gospel, with a biblical passage ?

Here are some suggestions :

📖 Jn 15, 5: « ... without me you can do nothing. »

📖 Mt 18, 1-3: « Unless you change and become like little children, you will never enter the kingdom of heaven. »

📖 Jn 8, 28-29: « I do nothing by myself ... He who sent me is with me ; he has not left me alone, because I always do what is pleasing to Him. »

≈ I look at the video again in the light of this word of God... what does it remain that resonates in my heart ? I let God's word work in me.

≈ Does this evoke a lived experience in me? I live this experience again, I let it take place in me

≈ I let gratitude overflow my heart... For what do I feel like thanking God, my Father ?

≈ In one sentence, I express what I received during this time of prayer.

