



### **Take time...to grieve, to heal.**

*A nurse says: 'There is a lady in our nursing home who is 102 and whenever she speaks it is always connected with the day 45 years ago when her husband died quite suddenly, right there in front of her. If I greet her with, "Isn't it a lovely day!" she'll say, "He just died... there was nothing I could do..." I realise she still needs to grieve and I try to give her a chance to talk, but there is so little I can do for her under the constraints of work schedules and so on. I am painfully aware that if this woman had the opportunity to talk and grieve her loss 45 years ago, she could be so much more at peace today. There are just some things which need to be addressed in the present moment. If we put them off to tomorrow...next year...it may be much more difficult.'* (KGP)

# Journey to wholeness

## The Healing Power of Praying with Scripture

*The Scriptures invite us to enter deeply into the mind and heart of Jesus, becoming one with him.*

### **Step 1: Open yourself to God's love**

Begin by getting in touch with God's great love for you. It may help to recall:

- A time when you most felt loved;
- The person who most loves you.

Let God love you through these memories.

### **Step 2: Read the Scripture passage**

Today's Gospel tells of Jesus healing the mother-in-law of Simon (Mk 1:29-39). Read the passage, slowly, prayerfully.

### **Step 3: Ask the Holy Spirit to reveal to you that part of you that God wants to heal.**

Ask yourself: what part of my body or spirit feels 'feverish' or tired? In what ways are my energies sapped? How am I 'bed-ridden', isolated, not quite myself? Perhaps I am led to be aware of:

- A deep disappointment.
- A lack of hope.
- A sense of rejection.
- A feeling of humiliation.
- An experience of grief / loss.

Allow the feelings associated with this 'unwellness' be experienced for what they are. How does God want to heal and energise me?

### **Step 4: Enter more deeply into the Gospel Story.**

(Or perhaps there is another Scripture story which speaks to you personally.)

- Enter the story of the healing of Simon's mother-in-law:
- Imagine the scene: what do you see, hear, smell, feel?
- Note the relational aspects of the story: 'She had gone to bed with a

fever... and they told him about her straight away.' He 'went to her' ... 'took her by the hand' ... 'helped her up'.

- Where do you find yourself in the story? With which character do you most identify?
- Watch, listen, interact with Jesus in the story. How does Jesus 'take you by the hand' and 'help you up'?
- Let Jesus, or perhaps another person in the story, love you as he/she knows best. 'Stay with' this experience of being loved, let it seep into you deeply, powerfully.

### **Step 5: Rejoice in God's love**

For whatever healing steps/insights were experienced during this prayer, praise God. Be thankful for steps in life and love, no matter how small.

Remember: healing usually takes time. You may like to 'stay with' this scripture, carrying it with you and returning to it during the day, the coming week, or even longer.

### **Healing resources further afield**

The Catholic Church offers many kinds of healing experiences. For example:

#### **Healing retreats:**

"Wounded Healer of the Soul" - 5 day guided retreat 24-29 April 2009.

'Life's Healing Journey' - 8 day healing retreat. 12-20 May 2009

Both offered at St Mary's Towers Retreat Centre Douglas Park. Enquiries:

Ph 02 4630 9232 Ext: 101

[www.towersretreat.abundance.org.au](http://www.towersretreat.abundance.org.au)

#### **Project Rachel**

(For women grieving an abortion)

[info@projectrachel.org.au](mailto:info@projectrachel.org.au)

[www.projectrachel.org.au](http://www.projectrachel.org.au) or

[rachel@d7design.com.au](mailto:rachel@d7design.com.au)