



Little healing words
that go a long way:

- I love you.
- You are a joy!
- How are you *really*?
- I forgive you.
- Please forgive me.
- I believe in you.
- Thank you.

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 loving memories.

Step 2: Read the Scripture passage

Today's Gospel tells of Jesus healing the paralytic (Mk 2:1-12). 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:

In what ways, in body or spirit, do I feel paralysed, 'stuck', unable to get myself out of a rut, helpless or powerless?

In what ways am I reliant on family and friends for help? How do I feel about this?

In what ways do I yearn to be forgiven and to be unburdened of guilt or shame?

Allow the feelings associated with this 'paralysis' to be experienced for what they are. How does God want to heal me, empower me, forgive me and raise me up?

Step 4: Enter more deeply into the Gospel Story.

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

- Enter the Story.
- Imagine the scene: what do you see, hear, smell, feel?
- Where do you find yourself in the story? With which character do you most identify?

• Watch, listen, interact with Jesus in the story. What does he say, do? How does he respond to you?

• 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.

If you find yourself 'stuck' or hitting a brick wall, don't fret. Return to Step 1: memories of love. Simply open yourself to God's great love for you. Ask the Holy Spirit to guide you forward, but don't 'force' things. When in doubt, simply ask yourself: what is the next most loving step I can take?

More opportunities for healing

The Catholic Church offers many kinds of healing experiences.

The **Sacrament of Reconciliation** is one powerful ritual which offers hope and healing through the forgiveness of sins. The Sacrament is celebrated every Saturday in the parish between 9.30 & 10.30am. It will also be celebrated communally (second rite) during Lent on Wed 1 April 7.30pm and Thurs 2 April 12.40pm. And it will be celebrated (First Rite) Mon to Thurs during Holy Week, 9.30am & 12.45pm, and at 10.30am Good Friday.