



Provincialate : 4A Chestnut Drive, Singapore 679330.

Tel: 67602461

website: www.chij-sisters.org

Through prayer and contemplation, we encounter and deepen our relationship with God, which transforms our way of looking at situations and impacts our response.

Our Growth Sessions

are on the third Fridays of the month via Zoom 8-9 pm

Zoom platform ID 2219523672 pw 2PdEdg

Come Join us!

Next growth Session 17 Jan 2025

Last IJ Growth Session 15 Nov 2024

Prioritising Our Lives in God



This image reflects the theme of finding purpose, peace, and connection with God. It captures a serene moment of reflection, symbolising a journey anchored in divine guidance

Introduction

Welcome, everyone, to this time of prayer and reflection. We gather today to centre ourselves on what truly matters in life, exploring how to set priorities that draw us closer to God and align us with His purpose. In a world that often pulls us in many directions, we seek now to anchor our lives in the steady presence of God, placing Him at the heart of our decisions, relationships, and aspirations.

Let us ask God to guide us as we reflect on how to better align our priorities with His will. As we do so, we trust that we will find true peace, purpose, and fulfilment.

Opening Prayer

Let us pray. Heavenly Father, we come before You with open hearts, longing to order our lives in a way that honours You. Teach us to recognise what is truly important, to cherish what is eternal, and to let go of what is fleeting. Help us to centre ourselves on Your love, so that all we do may flow from a heart aligned with Your will. Draw us closer to You, guiding us in our journey toward living a life of purpose, compassion, and faithfulness. Through Christ our Lord. Amen.



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Scripture Reading Matthew 6:33

But seek first His kingdom and His righteousness, and all these things will be given to you as well."

Reflection

We live in a world that often measures success by what we accomplish, acquire, or control. Today, however, we are invited to measure our lives differently—not by what we do or have, but by who we are becoming in God's eyes.

As Fr. Nicolas Barré once said:

"Be attentive to what God is calling you to be and to do. Learn to place your trust in Him, allowing Him to guide you without clinging to your own plans and ideas."

Prioritising God is more than making a choice; it's surrendering to His guidance, trusting that He knows what is best. This kind of trust allows us to simplify our lives, focusing on things that bring true meaning—loving relationships, acts of kindness, and faithfulness to God's call.

Deepening Our Priorities in Life

In a world that urges us to do more, achieve more, and be more, setting clear, life-giving priorities becomes an act of trust and wisdom. We are invited to look beyond what is superficial and fleeting and to centre ourselves on what will sustain us: our relationship with God, our loved ones, and the purpose He has placed in our hearts.

As we enter this time of reflection, let us ask God to open our hearts, quieten our minds, and help us to see where we are called to focus more intentionally.

Reflecting on Our Relationship with God

Let us begin by focusing on our relationship with God, the source of our life and purpose. How often do we make space and time for God in our lives? Do we turn to Him only in need, or do we see Him as our guide and companion?

In the quiet of our hearts, let us ask: Am I truly allowing God to lead me? Do I make time for prayer and reflection? In what ways have I invited God into my decisions, hopes, and struggles? *(Pause for silent reflection)*

Examining Our Relationships with Loved Ones

Now, let us reflect on the people who are dear to us—our family, friends, and others whom God has placed in our lives. Relationships are a precious gift, yet they require time, patience, and love to grow. In our busy lives, it's easy to let these connections slip to the background.

Take a moment to ask yourself: Do I spend enough time for those I love? Am I truly present with them, or am I often distracted? How am I showing them that they matter to me and that I see them as part of God's blessing in my life?

Consider one person who may need your time or attention. Reflect on a small way you could express your love and appreciation for them. *(Pause for silent reflection)*



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Assessing Our Daily Choices and Commitments

Let's now consider how we spend our time each day. Much of what fills our schedules may feel urgent, but how much of it truly brings us closer to the person God created us to be? Are we using our time in a way that honours God, our purpose, and our relationships?

Consider: What activities, habits, or commitments occupy most of my time? Are these choices nourishing my soul, drawing me closer to God, and strengthening my relationships? Or are they draining me, distracting me from what really matters?

Setting priorities sometimes means letting go of certain things. What could you gently release from your schedule or mind to create space for God and those who matter most?

Intentionality: Living with Purpose and Alignment

To live a life centred on God and love for others, we need a clear sense of purpose—a vision of who we want to become and the impact we hope to have. Living with intentionality is about choosing, each day, to align our actions with our faith and values. It's about saying "yes" to what is meaningful and "no" to distractions.

Ask yourself: What values do I want my life to reflect? How do I want to be remembered by others?

Imagine the kind of life you hope to lead. Envision how you would like your days to look if they were filled with God's peace, the joy of meaningful relationships, and a purpose that brings hope and love to the world. In what ways can you start taking steps towards this vision today?

Recommitment to God and Our Loved Ones

As we conclude, let us remember that setting priorities is not about rigid plans but about remaining faithful to what matters most. It is a journey of returning, time and again, to God's invitation to love Him and others deeply. By placing our trust in God, we can find a sense of purpose that brings lasting peace and fulfilment.

Take a moment to bring to mind one commitment you would like to make today, whether it's spending more time in prayer, reaching out to someone in need, or setting aside distractions that prevent you from living a life filled with love and faith.

(Allow a moment for silent reflection)

Closing Prayer

Let us pray. Loving God, You are the anchor of our souls and the foundation of all that is good. Help us to keep our hearts and minds centred on You. Teach us to prioritise our lives according to Your wisdom, seeking first Your kingdom in all we do. May our lives reflect Your love, and may our priorities be a testament to our trust in You. Lead us on the path of purpose and peace, through Jesus Christ, our Lord. Amen.

Blessing

May the Lord bless you and keep you.

May He guide your steps and fill your heart with wisdom and peace.

May you find joy and purpose in placing God at the centre of your life,

And may your priorities reflect the love and grace of our Heavenly Father.



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Go forth in peace, to love and serve the Lord. Amen.

Our IJ Family Prayer

is on Tuesdays from 8-8.30 pm via zoom

Zoom platform ID 2219523672 pw 2PdEdg

Next IJ Family Prayer 26 Nov 2024

Here's our most recent IJ Family Prayer on 19 Nov 2024

The family that prays together stays together.
The community that prays together stays together.

Let us come together to pray as a community. In the name of the Father, the Son and the Holy Spirit. Amen.

O God, come to our aid. All: O Lord, make haste to help us.
Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen

Let us begin our night prayer by remembering all the persons in our family and community and for any special person/s whom we wish to remember.

The following prayer invites the Holy Spirit to be at work in us so that we may be a community and a people of grace.

As we journey together as a community, let us pray:

We stand before You, Holy Spirit, as we gather together in Your name.
With You alone to guide us, make Yourself at home in our hearts.
Teach us the way we must go and how we are to pursue it.
We are weak and sinful; do not let us promote disorder.
Do not let ignorance lead us down the wrong path nor partiality influence our actions.
Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.
All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen

The Examen of Consciousness

Let us begin our Examen by giving thanks to God for all that we are and have. We thank God for faith, for the gift of life and for all the graces of this day. We go through the day, remembering where we have encountered God, in the people we have met and the events of the day. We stop to ask Him to bless all the persons in our life and help us to love them more. (spend a few minutes to recollect our day).



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Theme: Christ our King

Gospel – John 18:33-37 (1.11 m)

<https://youtu.be/IMUBzjjwOYs?si=WLuFusEee0C6n0CD>

Reflection by Bishop Barron (13.48 m)

<https://youtu.be/tlCxaSQFJGo?si=H MF0OmMq7BWpvN4>

Our Response Hymn How great thou art (3.25 m)

<https://youtu.be/aYTKYpnRnAQ?si=QCNo3GnBqQOaC9vQ>

Prayers of Intercession

On the last day of the liturgical year, we celebrate Christ as King. He is God's anointed one and is our way and our truth, and he will lead us to eternal life. With grateful hearts for the blessings we have enjoyed this year, we pray:

Response: Lord, hear our prayer.

- 1. For the Church, that she will continue to lead her people to emulate Jesus' example of humility and forgiveness. We pray to the Lord.**
- 2. For leaders of nations, that they will have the wisdom to prioritise and make decisions for the good of their people. We pray to the Lord.**
- 3. For all Christians, that through our lives, we may be beacons of truth to others, witnessing for our faith. We pray to the Lord.**
- 4. For ourselves, that we will support one another in our journey as Christ's disciples, no matter the trials. We pray to the Lord**

Conclusion

Heavenly Father, as we reflect on Christ's kingship, help us not to be trapped by earthly values but to strive for his teachings, compassion, humility and forgiveness, so as to merit a place in his heavenly kingdom. We ask this in the name of Christ, our Lord and King. Amen

Let us thank and glorify God with Mary in the Magnificat

**My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.**



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*The Almighty works marvels for me,
Holy his name
His mercy is from age to age,
On those who fear him.*

*He puts forth his arm in strength
and scatters the proud hearted.
He casts the mighty from their thrones
and raises the lowly.*

*He fills the starving with good things,
sends the rich away empty.*

*He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.*

*Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be, world without end. Amen.*

Prayer of Abandonment

We pray that we may grow in deeper trust in God as our founder, Blessed Nicolas Barre

LORD, I want nothing more, I desire nothing more, only to be ready to desire what you desire and as you desire it.

It is enough for me that you hold me in your presence, that you take care of everything, that you watch over all my concerns, all that happens to me and that nothing escapes your adorable guidance of my life. O Jesus! O Love!

You are my God and my all, centre and unfathomable depth of goodness and greatness! May Jesus live and His will be done! There is nothing left for me to desire.

Choose Lord, what you want of me. Order all things, plan and arrange all things in the way that pleases you, and I will try and make my desires and actions yours, to follow you in everything and everywhere, without reserve or limit.

Finally, Lord, I want to belong totally to you, no more measuring or portioning out, neither in life nor in death, in sorrow or in joy, on earth or in heaven. My beloved is all mine and I am His forever. O Jesus! O love!

Blessed Nicolas Barre, pray for us. Mother Mathilde and all our sisters and loved ones who have gone home to God, intercede for us.



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Prayer to God through the intercession of Mary, our Mother

Dear Mary, Immaculate Mother of God and our Mother, we ask you to be the Lady of our home and community. Guard it, dear Mother from any form of disaster and protect us from all evil.

Dear Mary, preserve each person in our family and community. Watch over their going out and their coming in. Pray for us that when the Lord calls us home, we may be in a state of grace.

Preserve dear Lady, all the sisters, associates, lay partners and friends and bless the people they love and care for.

Bless too, all those whom we have encountered today and those who have asked for our prayers This we ask of you, through your Son, Jesus. Amen

Let us pray for God's blessings

May God the Almighty Father, give us joy and peace. Amen

May God's beloved Son, Jesus, have mercy on us and help us in good and difficult times. Amen

May the Holy Spirit always fill our hearts with love. Amen

May the Lord keep us from all evil, and bring us to everlasting life. Amen.

And may Almighty God bless us all, the Father and the Son and the Holy Spirit. Amen

May the Lord grant us a quiet and peaceful night. Amen