

ANYONE WHO DOES NOT LOVE
DOES NOT KNOW GOD, BECAUSE



GOD IS LOVE

1 JOHN 4:8

What we really believe!

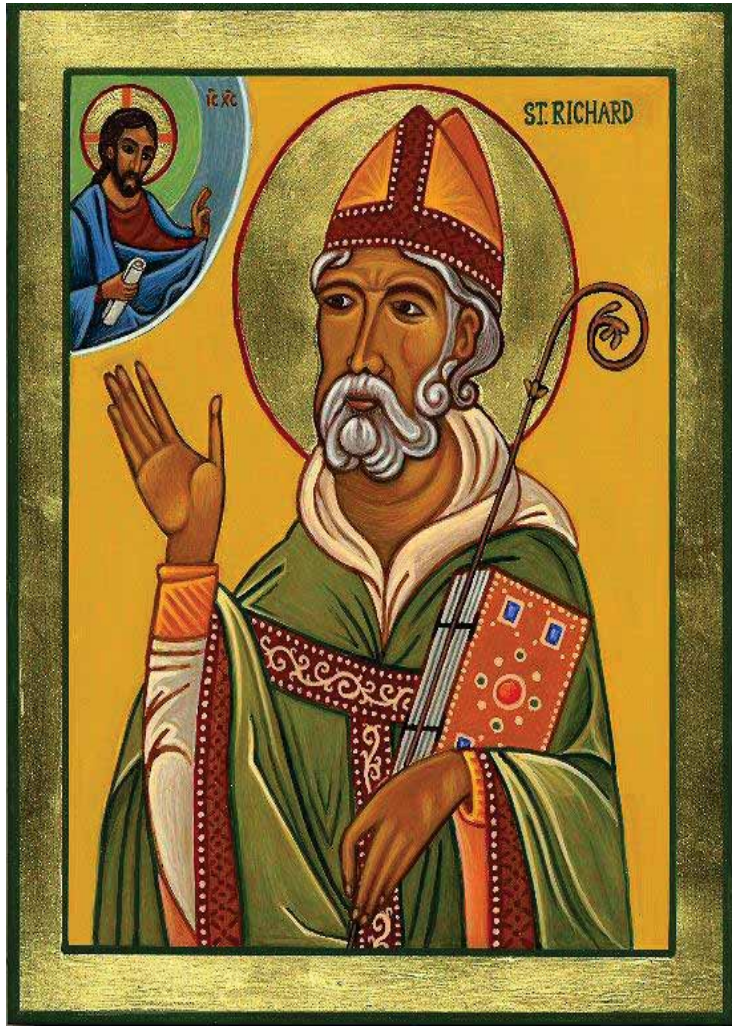
Core beliefs of the Catholic Church explained.

Welcome!!

We are here to better understand the teachings of our Catholic Faith, in the hope that this knowledge will lead us to growth in our loving relationship with the Father, Son and Holy Spirit.

Our goal is spiritual not informational!!!

Prayer of St. Richard



Thanks be to Thee, my Lord Jesus Christ for all the benefits Thou hast given me, for all the pains and insults Thou hast borne for me.

Most merciful Redeemer, friend and brother,

May I know Thee more clearly,
Love Thee more dearly,
Follow Thee more nearly.

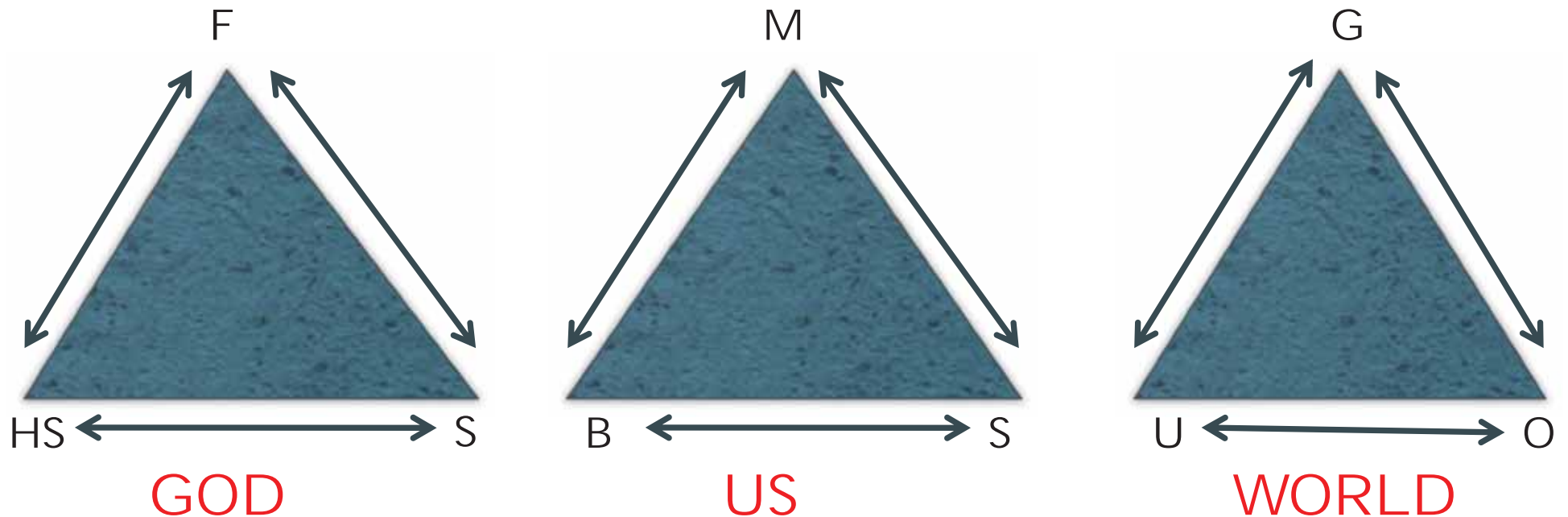
Tonight's Core Beliefs

- Trinity
- Grace
- Incarnation

To understand any teaching of the Catholic Church
we must understand the Trinitarian worldview!

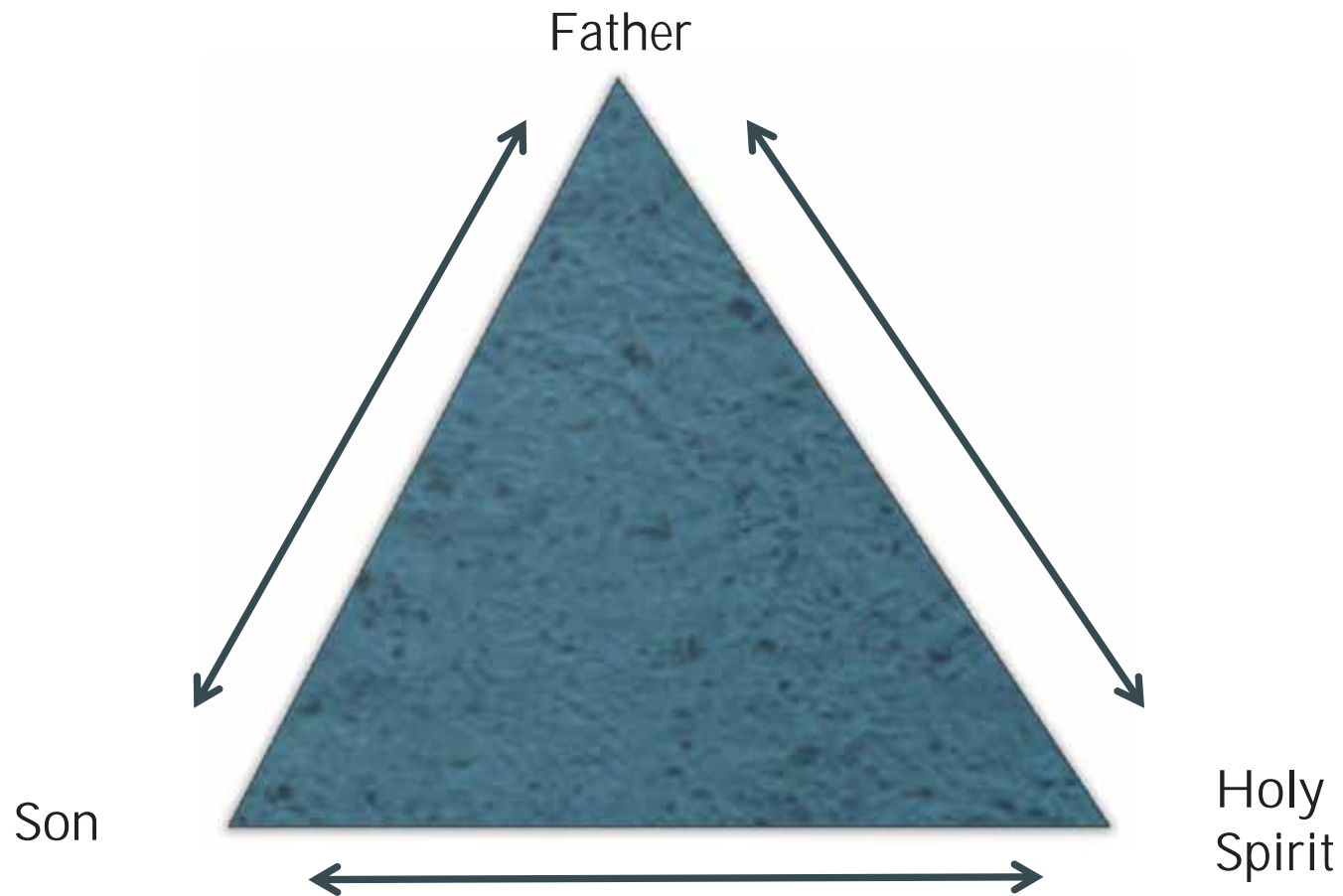
The Three Triangles

Trinitarian = Relational Worldview



How we see God, the human person, and the world!

Trinity



Trinity

“God is not solitude but perfect communion.”

–Benedict XVI

“God is Love” – John 4:8

“Baptize in the name of the Father and of the Son and of the Holy Spirit.” –Matthew 28:19

“The faith of all Christians rests on the Trinity”

-ccc232

Trinity= One God

FATHER: Creator, Origin, Authority, Mercy, also:

“Eternally Father in relationship to his only Son, who is eternally Son only in relation to his Father” ccc2780

SON: Jesus Christ, the Word, Consubstantial with the Father

“No one knows the son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him.” –Matthew 11:27

HOLY SPIRIT: Paraclete, Advocate, Spirit, all Truth: (Creed)

“With the Father and the Son, he is worshipped and glorified”

The Nicene Creed

Read it.

Reflect on it.

What is it saying?

(325 Nicea/381 Constantinople)

Eternal Relational Unity

- Eternal, Infinite, Limitless, Unity, No division or parts
- Beyond space, time, energy and matter.
- Creator of all things, visible and invisible in existence.
- Good, Loving, Personal
- Not another created thing, uncaused cause.

Mind, Conscience, Choosing, Willing

Important Note:

Mystery: The inner relational reality of God can never be fully understood or grasped by man. Mystery does not mean we can't know God. Through creation, scripture, revelation, sacraments and most profoundly through life, death and resurrection of Jesus Christ. We can grow in relationship with God.

(Spirituality: The activity of growing a relationship with God)

Time and Consistent Action! (All relationships need it.)

Grace

Grace is the help God gives us to respond to our vocation of becoming his adopted sons and daughters. It introduces us into the intimacy of the Trinitarian life. -ccc2021

Sanctifying grace is the gratuitous gift of his life that God makes to us; it is infused by the Holy Spirit into the soul to heal it of sin and to sanctify it.-ccc2023

Grace is the very inner life of God poured out for us and in us as an invitation to enter into a loving relationship with our creator, it is love for love.-reese

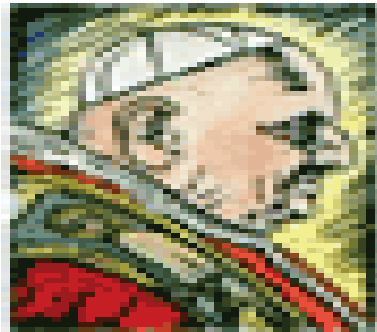
GRACE

“ Grace is being looked upon by God, our being touched by his love” –Benedict XVI

“ Grace is not a thing, but rather God’s communication of himself to men. In Grace we are in God.” -Youcat

A New Look at Grace

by Bill Huebsch



TWENTY
THIRD
PUBLICATIONS *23rd*



Thoughts on Grace

- Grace is God's self communication to us.
- Do you realize what this means? It means that God's own life – a full surge of divine energy – is with us.
- This is grace: God's powerful force of love within us, implanted by God and sustained by God.
- It fills our bodies and our souls to the very top, it means we are empowered to love. You are made for this!!

You're a Love Machine!

Important Note:

Freedom: God's free initiative demands man's free response, for God has created man in his image by conferring on him, along with freedom, the power to know him and love him. The soul only enters freely into the communion of love. God immediately touches and directly moves the heart of man. He has placed in man a longing for truth and goodness that only he can satisfy. -CCC 2002

No freedom, No love!

Incarnation

Nothing reveals God to us more. This the greatest example of God's love for us. It is the greatest out pouring of God's grace.

"For us men and for our salvation he came down from heaven" - Nicene Creed

"God so loved the world that he gave his only begotten." – John 3:16

Jesus Christ is true God and true man.- ccc464

Why?

Why did the Word become flesh?

1. For us and our salvation.
2. He was revealed to take away sin.
3. So we might know God's love alive among us.
4. To be our model of holiness.
5. That we might share in His divinity.

- ccc 456-460

From head to heart!

What are we to do with this information?

If all reality and creation is created by love, for love and through love, then all that remains is our response of love.

Love of God and love of neighbor!

Love

Love & connection, can be
difficult, scary stuff!

Yet, it is super important!!!

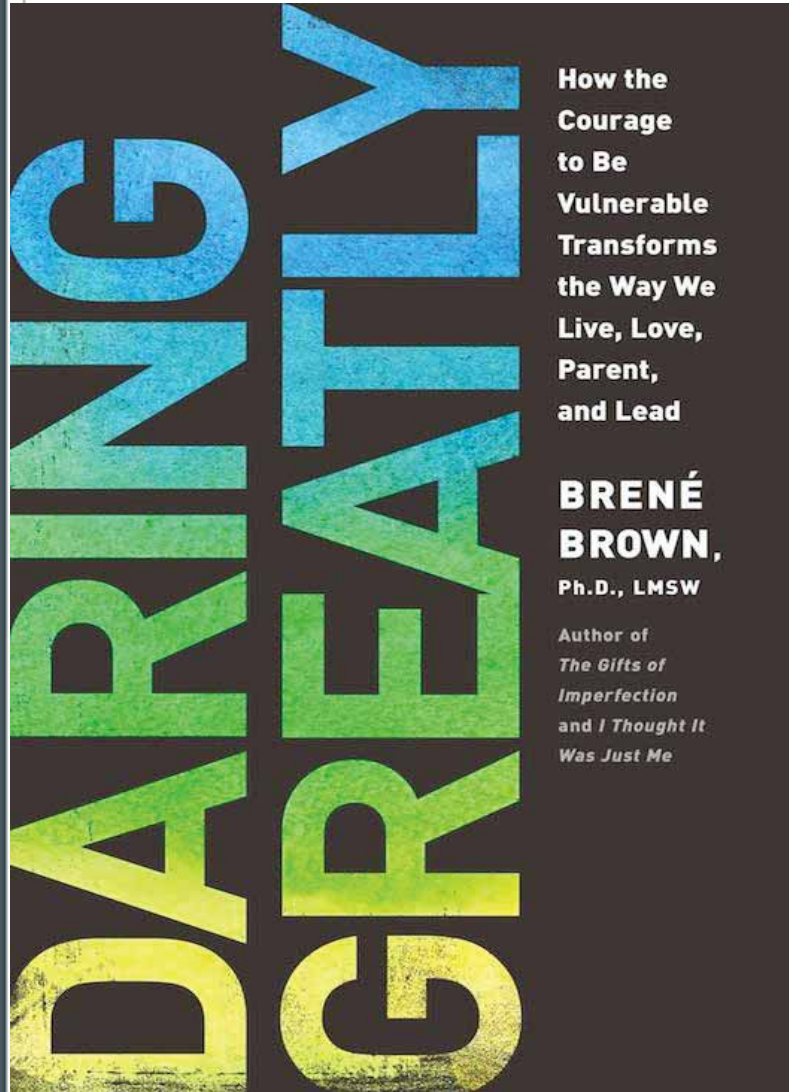
Some advice!

Brene Brown

University of Houston Researcher



Social work researcher and author of “Daring Greatly”



“ [Daring greatly] means the courage to be vulnerable. It means to show up and be seen. To ask for what you need. To talk about how you're feeling. To have the hard conversations.”

— BRENE BROWN, PHD, LMSW

SUPER
SOUL
SUNDAY



Worthiness

What keeps us from connecting with God and others?

Shame & Fear: I am not good enough! Risk, unknown...

Vulnerable: Will I let myself be seen.

Courage: To be imperfect.

Compassion: Toward our self and others.

Believe you are worthy of love and belonging!

Will you respond to God's love for you?

3 questions to ponder

1. What questions do you have about the Trinity, Grace or the Incarnation?
2. Do you believe you are worthy of God's love? Do you struggle to accept it.
3. What would be your advice to someone who wanted a deeper more meaningful relationship with Jesus Christ?

Small discussion groups!

Our home work

1. The Mystery of Faith by Michael J. Himes

Read chapters 1,2,3 (Just 15 pages)

Consider the questions at the end of each chapter.

2. Pray and Ponder: What is God saying to you in this?
3. Write down any questions you may have or things you may need clarified for our next meeting.

Final Prayer

