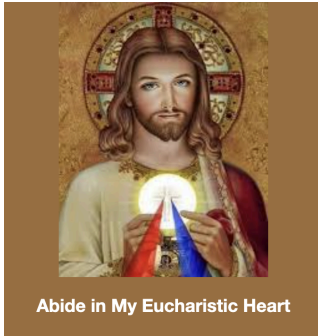


TASTE Reflection Questions
April 25, 2024



**An Hour with Jesus:
Adoration and Lectio Divina**
Sister Mary Michael Fox

When you look at the Crucifix,
you understand how much Jesus loved you then.
When you look at the Sacred Host,
you understand how much He loves you now.
~ St. Teresa of Calcutta.



1. What did you find most interesting about this talk?

2. Sister Mary Michael Fox said that if we pay attention to our heart, soul and even body, what the Lord is doing is drawing us near to Him to just **REST**, shut it down, receive from Him, and let the waves of His Love wash over you.

- How can you create a space or time to pay attention to what your heart, soul and body are saying to you?
- How does it feel to rest in the Lord and allow the waves of His Love wash over you?

3. Sister Mary Michael's Holy hour went through four different movements. 1) Praise 2) Contrition 3) Desire for Him 4) Thanksgiving.

- Have you prayed this way either in Adoration or in your prayer time?
- Which movements do you typically use or find easiest to use?
- Which ones would you like to add or incorporate into your Adoration or prayer time?

4. Sister said let her guide you to let Jesus do the work during Adoration, and just receive the fullness of His love and Grace.

- What did you hear God saying to you?
- What did you receive from this guided time in Adoration?