

St. Max Women's Lenten Retreat – *Consider it all joy!* James 1:2

Saturday Evening – Session 3, Spiritual Journaling

Pray with David from Psalm 51:14, *'Restore to me the joy of your salvation'*.

Here are some ideas for spiritual journaling tonight.

- **Use the spiritual journal suggestion below**
- **Spend time in Adoration of our Lord in the Blessed Sacrament exposed on the altar**
- **Use the blue prayer books found in the pews for further prayer and meditation suggestions**
- **Find the benediction sheet in your binder pocket and meditate using the prayers and lyrics found there**

“Human virtues are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life. The virtuous man is he who freely practices the good.

The moral virtues are acquired by human effort. They are the fruit and seed of morally good acts; they dispose all the powers of the human being for communion with divine love.” CCC 1804

How has my practice of virtue joyfully revealed the love in my heart as a share in God's love?

Have other people found my joyful practice of virtue attractive?

If my disposition/demeanor/behavior is not yet a joyful “net of love”, how can I get there?



