




VIDEO 7

REJOICING IN HER:
OUR DISPOSITION OF HEART



There are three essential dispositions of the heart when speaking with a woman in crisis: prayer, leisure, and delight.

SUMMARY

In the seventh video, “Rejoicing in Her: Our Disposition of Heart,” participants are invited to explore the three essential dispositions of the heart necessary when speaking with a woman in crisis: prayer, leisure, and delight. It is essential to root ourselves in prayer, and to allow ourselves to be moved by the goodness of the woman before us. This allows us to see her as a beloved daughter of God, with her own dreams and destiny, not as a project, an obstacle, or an argument to be won. It is when a woman is able to see herself as a gift, as beautiful and good, that she is able to move forward in hope and receive the life of her child as a gift.

OPENING PRAYER

Most Holy Trinity, we praise and thank you for loving each one of us into life. We ask for the grace to receive anew the gift of our own lives, that we may live deeply out of our true identity as your beloved sons and daughters. We pray that each person may know themselves as chosen and loved, willed into being from the very beginning of time and held in existence at every moment by your love. Father, we ask you to fill us with your light and renew us with your peace. Holy Spirit, we ask for the courage to speak your Word of life; may our actions, words, and thoughts serve to uphold and protect the dignity and worth of every person, and may our lives give radiant witness to the truth of your love. We ask this through Jesus Christ, our Lord.

Amen.

INTRODUCTION

You are invited to share something that is meaningful to you. Sharing an experience of importance is deeply humanizing and encourages the formation of trust between individuals. These connections are essential for maintaining community.

INTRODUCTORY QUESTION

Describe a time when you felt celebrated and that someone else delighted in you.

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INDIVIDUAL REFLECTION

The suggested Scripture passages and questions are offered as aides to prayer. You are not required to answer every question or reflect on every Scripture passage, but should follow the promptings of God. You may spend all of the allotted time reflecting on just one passage from Scripture or one reflection question and not write down a single word, and that's okay!

SCRIPTURE FOR REFLECTION

ISAIAH 62:4

“Lord delights in you.”

MATTHEW 3:17

“This is my beloved Son, with whom I am well pleased.”

**ZEPHANIAH
3:17**

“The Lord your God is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing.”

PSALM 18:19

“He brought me forth into a broad place; he delivered me, because he delighted in me.”

PSALM 149:4

“For the Lord takes pleasure in his people; he adorns the humble with victory.”

REFLECTION QUESTIONS

1. Was there a word, phrase, or idea that resonated with me? That was new to me?
2. Sister Bethany Madonna says, “I once read a poem that said, ‘Tread softly because you tread on my dreams’. As we accompany a pregnant woman, that is our very experience: all she has are her dreams and she will lay them out at our feet and then ask us to tread softly. This is why it’s so important for us to position ourselves humbly before those we encounter.” When was a time when my best-laid plans or dreams went awry? How did I feel? How did I get through it? Was there anyone in particular or a specific moment when I experienced genuine accompaniment?
3. Sister Bethany Madonna says, “Love is first an act of having my heart moved by another—I feel drawn to another. Loving the other is manifesting that delight. Allowing myself to be moved by another.” When have I truly delighted in someone else? How might I describe this moment?
4. Sister Virginia Joy says that it’s important not to approach the other person as a task: “I’m agreeing to open my heart and enter into a relationship of love, and to do that I must approach each encounter with an inner state of leisure. ... My goal is to leave her with an experience that she has been loved.” Have I ever had the experience of being received by someone who seems to have nothing but time for me? What was the experience like?
5. Developing a disposition of leisure can be challenging in our fast-paced, task-oriented world. How might I begin to cultivate an inner state of leisure in my own life and relationships?
6. Sister Virginia Joy says, “It is truly a privileged work to be with another, to sit in their presence so that we may discover with the eyes of God and his grace, the goodness he created, the beauty he made, the strength he desires to give, and we will, on our part rejoice, in his gifts.” Have I considered my time spent serving another as a privilege or as a burden? How might Sister Virginia Joy’s words help me to receive the gift of the other, who entrusts his/her heart to me?
7. How does prayer allow me to engage in the posture of seeing the other as a gift?
8. Is there a fruit from my prayer that I would like to share with others?

Dispositions of the Heart

1. Prayer

2. Leisure

3. Delight

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When someone opens up to you, shares with you their vulnerability and frailty, that, in a real way, they are entrusting their heart to you. What a tremendous privilege!

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DISCUSSION

At the close of the time allotted for personal reflection, rejoin the group for discussion. This period of dialogue and conversation is intended to promote genuine understanding, reflection, and insight.

DISCUSSION QUESTIONS

1. Is there a fruit from your prayer that you would like to share with others?
2. In her work as a clinical psychologist, Mother Agnes Mary and her colleagues discovered that mothers who had the added pressure of caring for a child with autism were better mothers when their husbands delighted in them and affirmed their ability as mothers. This allowed the mothers to pour themselves into their mothering with even greater love and confidence. How does this insight about the importance of delighting in the other impact the way you might approach your family, your church, your community, and the individuals you serve?
3. Sister Virginia Joy explains that if the woman we serve doesn't feel that we love her for who she is, she will believe that our actions are not motivated by her worth and goodness, but are motivated by our goodness. In other words, she will feel like a project. How might you guard yourself against viewing people as projects? Against viewing yourself and your own goodness as the focus of your service?
4. Sister Bethany Madonna says that "delight is not a work that drains us, but rather that we are encouraged, and the effort becomes almost effortless." Do you allow yourself the time and space to delight in those you serve? If yes, how has this impacted you? Do you experience this delight as uplifting?
5. Delighting in the other can become a cure for burn out. In order to have the time and opportunity to delight in another we need to recognize and know our own limitations. As Sister Bethany Madonna says, "We are not the savior. Jesus is. And we need to let Him be." Are you able to recognize your own limitations? Are there things in your life that you need to let go of in order to have the time and space to delight in others?

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It's so important for us to position ourselves humbly before those we encounter: she is a person of infinite dignity, and like me, has human frailties and vulnerabilities.

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CLOSING PRAYER

*Jesus, we praise and thank you for your goodness and mercy.
We ask for an outpouring of your Spirit upon the whole world.
We pray that every person may powerfully encounter your love today,
and that all will come to know that life is a gift to be cherished and
protected. Please help women who are pregnant and vulnerable to know
the truth of themselves as a gift—chosen, beloved, and beautiful—and
give them every grace to choose life and flourishing for themselves and
their children.*

*We ask this in your name as we pray: Glory be to the Father,
to the Son, and to the Holy Spirit, as it was in the beginning,
is now, and will be forever.*

Amen. Our Lady of Guadalupe, Mother of Life, pray for us.

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