

BELOVEDNESS

Becoming the Beloved means letting the truth of our Belovedness become enfleshed in everything we think, say, or do. It entails a long and painful process of appropriation or, better, incarnation. As long as 'being the Beloved' is little more than a beautiful thought or a lofty idea that hangs above my life to keep me from being depressed, nothing really changes. What is required is to become the Beloved in the commonplaces of my daily existence and, bit by bit, to close the gap that exists between what I know myself to be and the countless specific realities of everyday life. Becoming the Beloved is pulling the truth revealed to me from above down into the ordinariness of what I am, in fact, thinking of, talking about, and doing from hour to hour.

Henri J. M. Nouwen,
Life of the Beloved

*Isn't that what friendship is all about:
Giving to each other the gift of our Belovedness?
Nouwen*

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

Respond [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

Rest [read once]

Rest in God's grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.