



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

Pope Francis: Gaudete et Exsultate (Rejoice and Be Glad)

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Pope Francis Gaudete et Exsultate

Chapter 1: Call to Holiness
Chapter 2: Two Subtle Enemies of Holiness
Chapter 3: In the Light of the Master
Chapter 4: Signs of Holiness in Today's World
Chapter 5: Spiritual Combat, Vigilance and Discernment

• 3 Key Insights in Chapter 3

- Sainly Call
- Holiness in our daily life
- Mercy

Reflection: How can we be like Christ?

To be like Christ is to listen to His word and follow His life:

- Let His word unsettle us
- To challenge us
- To demand real change in the way we live

How?

Beatitudes – is a Christian's identity card, and should reflect in our daily life (Mt. 5:3-12).

- Blessed are the *poor in spirit*, for theirs is the kingdom of heaven. Pursuit of wealth can leave little room in our hearts for God's word and none for others.
- Blessed are they *who mourn*, for they will be comforted. The cross will never be absent in our lives. Know how to mourn with others, come to the aid of those who suffer.
- Blessed are the *meek*, for they will inherit the land. Meek means trusting God will do something in our lives. Be gentle and humble of heart and you will find rest in your soul (Mt. 11:29).
- Blessed are they *who hunger and thirst* for righteousness, for they will be satisfied. Be just in making decisions, and redress the wrong (Is. 1:17).
- Blessed are the *merciful*, for they will see God. Acting with mercy: giving, helping, serving, forgiveness and understanding (Lk. 6:36).

- With the measure you use, it will be measured to you (The Golden Rule Mt. 7:2 and 12).

- Blessed are the *peacemakers*, for they will be called children of God. Gossip does not bring peace. Be artisans of peace, serenity, sensitivity.
- Blessed are they *who are persecuted* for the sake of righteousness, for theirs is the kingdom of heaven. Accept the daily path of the Gospel, even though it may cause us problems. Let us not long for an easy life (Mt. 5:11).

Rejoice and be glad, for your reward will be great in heaven.

5 Great Expectations of God

- Perseverance, patience and meekness (Rom. 8:36)
 - Cling to the anchor of prayer.
 - Humility – makes you resemble Jesus (Eph. 4:26).
- Joy and a sense of humor (Rom. 14:17)
 - Radiate positive and hopeful spirit.
 - Consumerism only gives passing joy.
 - Joy lived in communion shares and is shared (Rom. 12:15).
- Boldness and Passion
 - Impulse to evangelize and leave a mark
- Journey in Community
- Constant Prayer
 - Trust-filled prayer
 - Responsive heart
 - The quiet voice of the Lord can be heard in the midst of silence.

The Criterion: (Mt. 25:31-46)

- Give food to the hungry.
- Give drink to the thirsty.
- Welcome strangers.

Reflection:

- Are we listening to Jesus' call to be saints?
- Are we living with holiness in our daily lives?
- Are we acting with mercy toward others?

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