

# Retreat Conference 3

## The Necessity of Trust as a Friend of Christ and a Friend for Christ, Part II

### Prayer to the Holy Spirit

**Joseph is a model of the humble, just person, trusting in the Lord.**

### Matthew 1:16, 18-21, 24

Jacob was the father of Joseph, the husband of Mary. Of her was born Jesus who is called the Christ. Now this is how the birth of Jesus Christ came about.

When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.

- **In the Gospels we don't have one word that is recorded as coming from St. Joseph.**
- **The Church, despite this, says that he is a unique witness.**
  - Joseph's silence is baffling if we limit ourselves to the frustration of having nothing recorded about him for us to know.
  - What makes Joseph's silent witness so irreplaceable is his actions and decisions, not any words.
- **We learn about him through his actions and decisions. This is where the Holy Spirit wants our focus.**
- **We learn from his thinking and doing the importance of faith to make a prudent discernment.**
  - He was able to discern, what the right good was, what God wanted.
  - He was prudent. He was able to reason what the right good was, and then act on it.

- **From St. Matthew’s Gospel it says Joseph was a “just man.”**
  - Our understanding of Joseph’s life isn’t unlocked by fixing our attention on his dreams, but how he was “just.”
  - We can look to Psalm 1 for the definition of “just.”

“Blessed is the man who does not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in company with scoffers. Rather, the law of the LORD is his joy; and on his law he meditates day and night. He is like a tree planted near streams of water, that yields its fruit in season; Its leaves never wither; whatever he does prospers.”

- **The insight into Joseph from Psalm 1 as the “just man,” a man who is intimately close to God, pondering His ways helps us penetrate the deeper meaning of the dream in the Gospel.**
- **Joseph’s dream is a moment of prudential judgement and a response of faith. How?**
  - First of all, he distinguishes the dream as reality and not a fantasy.
  - Once he discerned this, Joseph responds to the unexpected demands of the moment.
  - Joseph’s discernment speaks to our hearts of a man who is inwardly perceptive to God’s ways.
    - *Being familiar with God and His ways, open and watchful of the Attractions, Instructions and Recognitions of the Holy Spirit – “AIR.”*
- **Joseph entrusted Himself to God.**
- **The final ingredient to the person of Joseph is humility.**
  - Only a person that is humble can bravely, confidently, and peacefully trust God to aid them through all the incongruities of life, one’s vocation and future.
  - The degree of his faith and humility can be seen in the promptness of taking action.

**Reflection questions that can help you focus on the trust needed moving forward as a spiritual mentor.**

- Do you trust the general direction that God has given you in entering the mentorship program and where it has led you?

- Do you see your formation as a gift, a call for what God wants for you personally, as well as a means to be His active disciple as we promised Him on the day of our Confirmation?
- Can you acknowledge your growth in holiness and happiness, as a result of the grace that God has given you here, as well as through your personal effort?
- Do you trust what you have learned and worked for these 2 years to equip you as a spiritual mentor, as others before you have?
- Do you trust God as you engage people who are looking for your help to become prayerful, holy, and also a disciple in their relationship with Christ?
- Trusting in your formation and God's grace as a spiritual mentor can you conceive how ongoing acts of faith, courage, and humility will increase your ability and personal holiness in the future?
- Are you committed to the ongoing work of seeking holiness through the practice of virtues?
- Do you believe that God has a plan for you that will bring you happiness and blessings, more than you could ever plan for yourself? Or will you give in to the happiness you can manipulate for yourselves without Him, which is pride?
- If you trust in God and the formation you have received, can you really allow yourself to be paralyzed by self-doubt, comfortable inaction, and other people's secular value of what is acceptable, social behavior? Will you cower under the inevitable influence of a godless society and culture as you begin to serve others as a spiritual mentor?
- Are you convinced that the calls to holiness, prayer, and discipleship are ongoing, something you are compelled to share with others as a result of your relationship with Christ?
- Despite all the effort, resources, and interior struggle to be spiritually formed, are you *grateful* for what God has done for you?
- Like St. Joseph do you believe that God *takes delight in you* for striving to be the just man or woman of Psalm 1?
  - Blessed are YOU who does not walk in the counsel of the wicked, nor stands in the way of sinners, nor sit in company with scoffers. Rather, the law of the LORD is YOUR joy; and on his law YOU meditates day and night. YOU are like a tree planted near streams of water, that yields its fruit in season; Its leaves never wither; whatever YOU do prospers.

**Pause to Reflect:**

## Possible Resolutions:

1. Spend some time reflecting during the remaining retreat day that – God delights in me being here and has given me the Holy Spirit to help me do the work of a spiritual mentor.
2. If you have temptations of self-doubt, fear of the future, or approval of others, in the new role you have been given by God as His disciple to further the Kingdom of God, simply pray, “Jesus I trust in You.”
3. St. Joseph is the patron saint of the interior life. Pray to him today for holiness, prayerfulness and being a fruitful disciple as you have been faithful to Christ these past years.
4. Who is it that brought you here and that you now find yourself grateful for the spiritual formation you have received in order to serve others as a spiritual mentor? Thank them for the inspiration, possibility, prayers, or whatever support they gave you to be here.
5. Let God congratulate you in the *spiritual sweat equity* you put forth responding to His grace, that now radiates from you as *spiritual self-esteem* in completing the Mentorship Program. Do this in the intimacy of some private prayer today.

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