

The prayer at the end of the 1st session is a wonderful resource to pray periodically. This prayer can help us focus on our purpose and reason for the meaning of life - living in God’s Presence every moment of the day. This prayer could also be said when we know we will be engaged in a conversation with someone we would like to approach to discuss our faith. *[on the 1st session video, starts at around 18minutes, 50 seconds]*

Have you ever told God you love Him?

Heavenly Father, you are Love itself.

Born from the love of the Trinity, creation came forth.

You have made all things, not because of any need on your part

But solely because of your goodness and love

And you desire to pour out your own divine love into creation.

Thus, you created me to be a vessel that could receive that love and return it to you.

You made me to be love and to love you for all eternity in heaven.

But You have forced nothing upon me,

Rather you offered this friendship to me and to all men and women.

Through the sin of Adam and Eve and

Through my own sin, that initial friendship was rejected

But that desire to be friends deep within my heart remains.

It is sometimes more hidden, sometimes obscure

Sometimes distorted, but it is there.

I have been named for communion with you

The Perfect eternal infinite God

But Nothing I can do can restore relationship with you.

Yet, in your mercy You sent your son to die and rise for me and for all mankind.

In this pascal mystery, salvation is once more made possible for humanity.

You offer it to me now as a gift, You invite me to say **Yes** to you.

So for the first time, or for the thousand and first time

I give my Yes to you.

I surrender my will, my heart, and my life to your lordship.

I Ask that I never again be separated from you.

I renew the vows of my Baptism, I repent of my many sins.

I turn from the false promises of the world, the flesh and the devil.

I choose You as my lord, my God, my saviour, my friend and my salvation.

Beloved Father, Eternal Son - Holy Spirit

I Love you and Give my “Yes” to you.