

Patience
is a
VIRTUE

MARK 1:21-28



DEALING WITH INTERRUPTIONS

'I choose to be interrupted.'
St Therese of Lisieux



ICEBREAKER



Tall tales: One person in the group starts telling a story and a group leader interrupts them randomly and assigns someone else to continue the story. They do so until the group leader randomly interrupts again, allowing another person to continue and so on. Each participant has to listen to the ever-changing storyline and creatively add to it!

WHAT'S YOUR INITIAL RESPONSE TO BEING INTERRUPTED? HOW DO YOU HANDLE INTERRUPTIONS TO YOUR PLANS OR YOUR SCHEDULE?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "WHAT TO DO WHEN YOU GET INTERRUPTED" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



What definition does Fr Mike use for interruptions?

We can have varied primary tasks at different times e.g. *at night what is our primary task?*

What does he claim is the overarching primary task of all Christians (and even those who don't know God)?



To live a _____ relationship with Jesus in such a way that it not only transforms _____ but also _____.

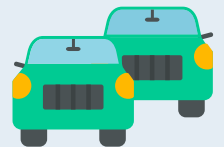
FR MIKE LISTS A NUMBER GOOD DISTRACTIONS THAT CAN ACTUALLY BRING OUR MIND BACK TO OUR PRIMARY TASK.

- What two Jewish "good interruptions" does he mention? **S** _____ **and S** _____
- Why is Sunday Mass not optional for Catholic Christians? Why is it a "good interruption"? _____
- What two devotions does he mention that can be "good distractions" every day for us? _____



HOW TO APPROACH
THE WHOLE IDEA
OF INTERRUPTIONS
AND SEE THEM
AS GIFTS!

Fr Mike uses the example of someone travelling slower than the speed limit in the overtaking lane. We can get angry and frustrated, or see the moment as a gift - that God has a reason for us slowing down in this moment.



- STEP 1** In the moment say, "Lord I acknowledge that _____"
- STEP 2** Ask the Lord, "What are you _____?
How are you _____?"
- STEP 3** Before you even know the consequences, _____ the Lord for what He is doing.

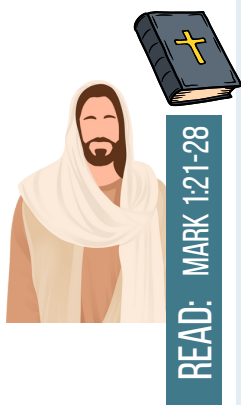


DEALING WITH INTERRUPTIONS



What does the St Rafael Devotion of “Divine Encounters” involve? What could you see every encounter as?

LET’S TRY TO SEE INTERRUPTIONS AS GIFTS, TO TREAT THEM AS DIVINE APPOINTMENTS!



In today's Gospel, Jesus is teaching in the synagogue. Teaching was an important part of His mission. His teaching is interrupted by a possessed man shouting out. We can imagine that Jesus' listeners were probably frustrated and annoyed by the man, possibly even fearful, and yet what Jesus did next showed that the moment was a Divine Encounter. He cleansed the man, setting him free from the unclean spirit. The onlookers were astonished, not now merely at the authority with which He taught, but also the authority with which He performed this miracle.

Sometimes we get frustrated by interruptions to our lives, to our schedules, to our plans. We can react poorly, even disrespecting those who interrupt us unfortunately, rather than asking God where He is present in this moment. Obviously we can't always stop what we are doing - sometimes we have places we need to be or work that needs to be done, but we can still allow the person to feel that they are still valued - that we'll get back to them as soon as we have time. Let's pray extra hard this week for the grace to be open to the spontaneous needs of others and to what God wants to do in our lives and on our path to sainthood through those interruptions!



MISSION!

WHEN FACED WITH INTERRUPTIONS THIS WEEK, STOP AND FOLLOW FR MIKE'S THREE POINT PLAN:

1. GOD I KNOW YOU ARE HERE IN THIS MOMENT
2. HOW ARE YOU PRESENT AND ACTIVE HERE?
3. I DON'T KNOW THE CONSEQUENCES YET BUT I THANK YOU IN ADVANCE FOR THIS.



PRAYER TIME!

Wake me, O Divine Wisdom, to the wonder of each moment. Keep me amazed at simple things. Keep me open to unexpected encounters. Let me see you in life's interruptions and bless those who interrupt me. Then guide me to return at the right time to the task at hand. Amen.

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CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD MOMENTS IN YOUR LIFE



- Hillsong: Waymaker
- ALTR worship: Holy Interruptions
- Francesca Battistelli: Holy Spirit
- Cody Carnes: Nothing Else
- Dayspring Worship: In This Moment
- Chris Tomlin: Awakening



Bobby Angel: Let God Inconvenience You



Fr Mike: God is going to interrupt you

Wake me,
O Divine Wisdom,
to the wonder of each moment.

Keep me amazed at simple things.

Keep me open
to unexpected encounters.
Let me see you in life's interruptions and
bless those who interrupt me.

Then guide me to return
at the right time to the task at hand.

Amen.

