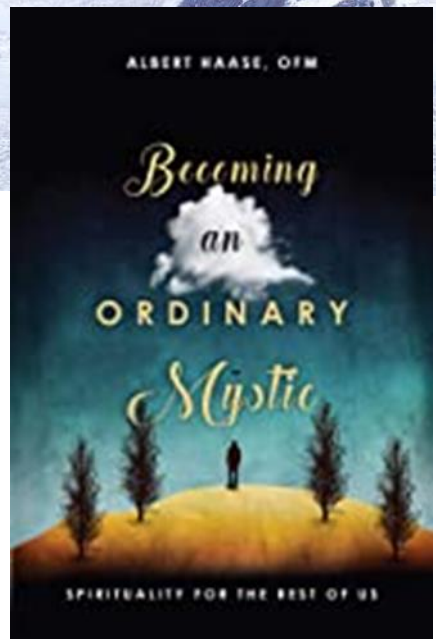




Prayer, Presentation, and Dialogue on
Albert Haase OFM's
*Becoming an Ordinary Mystic: Spirituality
for the Rest of Us. #3 Jesus the Electrician:
The Practical Mysticism of the Sermon on
the Mount*



The Practical Mysticism of the Sermon on the Mount

Rabbi,



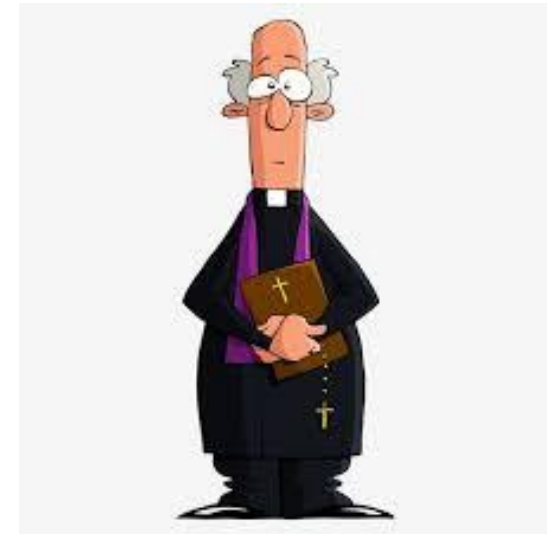
Jewishness

Minister,



Challenge

Priest



Fruits

Sermon on the Mount: as an incisive critique of how we understand happiness and the good life.



Repentance

“change the direction in which you are looking for happiness.”

We are hardwired for happiness.

ego obsessions

God’s invitation to a deeper relationship



Blessed / Happy / Fortunate



Repentance

Self-preservation poor in spirit

Self-gratification joys of desires disappointed/hopes dashed

Self-concern God's concern

Self-image meek, merciful, persecuted, insulted

Transformed by renewing minds.

thoughts affect our spiritual life



Sermon on the Mount, Jesus scorns thoughts of self-concern or self-absorption

If we go to worship & remember grudge

Turn the other cheek

Love and pray for the enemy; don't judge

You are salt/light

Treat others as you would have them do to you

Adultery --- thoughts/desires senses can lead to sin

No retaliation – nonviolence

No one can serve two masters: God vs wealth



Five-step technique for thinking with the Sermon on the Mount

1. Become aware of the ego obsessions operating in your life (examination of conscious) “What did I lack or think I lacked.”
2. Reflect on the thoughts associated with those ego obsessions.
3. What desires are born from those ego-obsessed thoughts?
4. When you find those thoughts/desires: stop, breathe, become present: this will not make me happy.
5. 90 consecutive choices form a habit



Charlie viewing inappropriate internet sites
stressed at work
come home late... straight to computer
a way to clear mind, relax, forget
all on autopilot

But learning about mindfulness

Stop

..this is not going to make me happy

Beth, short in stature
intimidate

It's not going to make me happy

Blessed are the meek

Thanks for the blessing to kill her ego





Prayer, Presentation, and Dialogue on
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*Becoming an Ordinary Mystic: Spirituality
for the Rest of Us. #4 Cardiac Spirituality:
The Fruit of Mysticism*





What has God been doing with you this past month, Cynthia?

Your spiritual formation occurs in the daily joys and struggles of all your relationships.



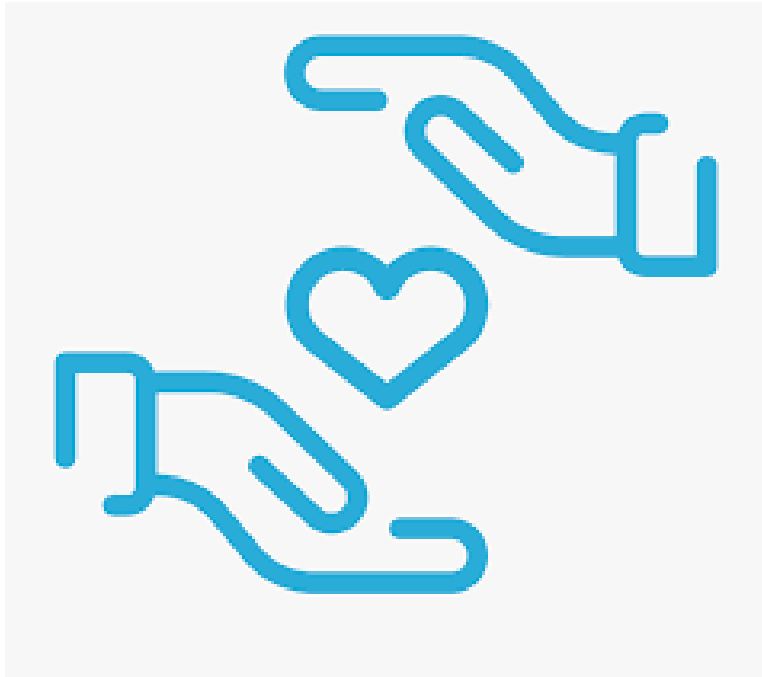
Cosmetic spirituality of the Pharisees





Brother Pat: “The purpose of Church Law is not to bind and constrict people. Its purpose is to free people to love and experience God in new and surprising ways.”

Cardiac
Spirituality



Jesus' Cardiac Spirituality

...being mindful of this present moment's unmet need or required duty and responding to it with a loving, merciful, humble, and compassionate heart.





Julia Greeley, Denver's Angel of Mercy

The Decision to Love:
Zhang Wen,
“When did you discover
that you had fallen in
love?”



The Works of Mercy:

Feeding the hungry

Give drink to the thirsty

Clothing the naked

Sheltering the homeless

Visiting the sick

Visiting the imprisoned

Burying the dead



You shall love the Lord your God with all your heart, and with all your soul, and with all your mind... You shall love your neighbor as yourself.

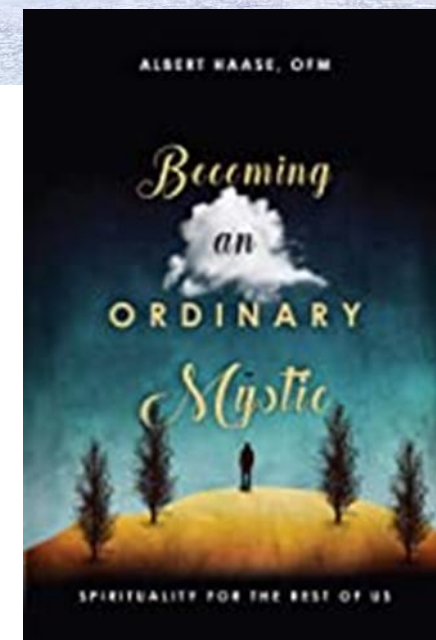
Spiritual Progress:

Real spiritual progress is measured by the size of our hearts and the relentless resolve to respond to the unmet need or required duty of the present moment.





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Spirituality for the Rest of Us. #5 Insides
Out: The Invitation to Transparency





Fr. Hasse shares his experience of loneliness while “on the road.” Spiritual Director: “...trying to avoid experience of loneliness rather than praying from your feelings of loneliness.

Pray from the neck down, with your heart and in your gut.”



Is that really prayer?
Prayer is about honesty
and transparency.





Long and hallowed tradition; one side of the coin.

Many people pray from the neck up: a mental activity

Offer God praise and thanks

Talk to God about their day

Intercede for others, ask for favors

Others

Ponder and meditate on Scripture

Reflect on a belief of the Christian faith

...and others

Say rote prayers

Read prayers written by saints and holy people

Jesus was comfortable praying
from the neck down.

Compassion Mt 15:32

Indignant Mk 10:14

Consumed with zeal Jn 2:17

Grieved Mt 26:38

Loved Jn 11:5

Disturbed in spirit & moved Jn 11:33

Wept in sorrow Jn 11:35

Surprise in a prayer of
thanksgiving Mt 11:25





The Welcoming Prayer

Practical way to be aware, acknowledge, and honor any negative emotion that makes us feel uncomfortable.

1st focus and sink in
2nd welcome
3rd let go



Emotions need to be experienced and emotions need to be expressed



List
Anger
Shame
Guilt
Loneliness



and sexual desire



Fears
Grief



Continue on the pedestrian
path to ordinary mysticism