

KNOW YOURSELF

PURPOSE AND SITUATION OF THE MEDITATION

This is the first meditation of the Weekend. Its objectives are:

- To help prepare the candidates to listen to the Lord as He speaks and to accept the message He gives them
- To deal up front with some of their doubts, questions, and anxieties they may have experienced regarding having come to Tres Dias
- To encourage the candidates to know themselves and be open to God

The meditation invites the candidates to become aware of themselves, to risk *a look inside*. Self-encounter and an encounter with God is part of the same process. Emphasis should be placed on the uniqueness of every person present. In turn, Tres Dias expects no predetermined response from them. The Weekend is God's gift to be experienced in as many different ways as there are people on the Weekend.

Time objective: Should not exceed **7** minutes.

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OUTLINE

- I. AN INTRODUCTION TO THE MEDITATIONS**
- II. WHAT CONCERNS DO YOU BRING?**
 - A. Worries – Matthew 6:26-34**
 - B. Burdens – Luke 10:41,42**
- III. THE FOUNDATION ON WHICH TRES DIAS BIULDS IS HONESTY ABOUT OURSELVES**
 - A. The period of silence – listen to God speak**
 - B. The rest of your Tres Dias: Relax, listen, learn, receive His love, and respond to His grace.**
- IV. IMPORTANT QUESTIONS TO BE ANSWERED ON TRES DIAS**
 - A. Who are you? How is it with you? Whose are you?**
 - B. Who we are relates to whose we are. We belong to our Lord Jesus Christ.**
- V. CONCLUSION**
 - A. Take time now to begin to KNOW YOURSELF in this evening of silence**

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Sample Meditation

(The sample may be used as the Meditation itself, or as a commentary on the outline.)

This is the first of several meditations we will share during the Weekend. A meditation is a sharing of some thoughts, usually from the Scriptures, for your personal, prayerful reflection. Please take advantage of the opportunity of this night to talk these things over with God.

This Meditation is based on *Matthew 6:26-34*:

Look at the birds! They don't worry about what to eat - they don't need to sow or reap or store up food - for your heavenly Father feeds them. And you are far more valuable to Him than they are. Will all your worries add a single moment to your life? And why worry about your clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't He more surely care for you, O, men of little faith? Don't worry at all about having enough food and clothing. Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your Heavenly Father already knows perfectly well that you need them, and He will give them to you if you give Him first place in your life and live, as He wants you to do. Do not be anxious about tomorrow. God will take care of your tomorrow, too. Live one day at a time

What concerns do you bring?

Are you worried? The disciples were worrying about many things. Perhaps you are worried - worried about past failures, worried about a problem now, worried about what will be expected of you on this Weekend. The point of the passage is that God provides for all our needs. He brought us here to provide especially for our spiritual needs, what He asks of us as we begin Tres Dias is to trust Him. He wants us to put aside all our cares - family, business, etc. - and seek Him alone.

Jesus continues in *Matthew 6:32, 33*

Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father already knows perfectly well that you need them, and He will give them to you if you give Him first place in your life and live as He wants you to.

Are we too busy for serious reflection? Are we burdened? Can we afford to just follow the crowd? Our Lord's words to his friend, Martha, in Luke 10:41,42 are important to us: *"But the Lord said to her, 'Martha, dear friend, you are so upset over all these details! There is really only one thing to be concerned about. Mary has discovered it - and I won't take it away from her!'"*

Christians can never allow activity, no matter how good it is, to crowd out serious reflection. One does so at great peril. Begin tonight by asking some fundamental questions and examining your priorities for living.

We do not want to be like the foolish man in the Gospel who began to build a castle without checking to see if he could complete it. He went bankrupt and was laughed at by everyone. Maybe we are building dream castles we were never intended to build. If we are unhappy, maybe it is due to our failure to establish priorities.

How do we begin? Know yourself.

We begin by taking a very honest look at ourselves, allowing the Holy Spirit to reveal our strengths and our weaknesses. Each one of us is unique - we have our own particular set of potentialities and limitations. We need to know just what they are if we are to put order in our lives.

If we are honest with ourselves, we will find we have many good qualities. We should be happy about our good qualities and give thanks to God for them.

We will also discover some traits to which we would rather not admit. Yet it is important that we accept ourselves as we are, including our limitations. The first step toward overcoming our weaknesses is to admit that they exist.

It is very necessary that we know our condition if we hope to benefit from Tres Dias. This means being vulnerable – like the earth: open and receptive to the seed. The foundation upon which Tres Dias builds is this honesty about ourselves.

- Tres Dias includes time for meditation and reflection, beginning tonight with an evening of silence. Listen to God speak.

(Some words of explanation about the opportunities presented in the silence and quiet of the night may be necessary. For many candidates this may be an unfamiliar and even uncomfortable concept.)

- During the rest of your Tres Dias: Relax, listen, learn; receive His love, and respond to His grace. Since there are no predetermined responses, you may relax and take in every experience of Tres Dias as a precious gift from God.

There are some important questions to be answered on Tres Dias.

Tres Dias is a time for us to get in touch with ourselves more deeply or maybe for the first time in a long time. You are invited to risk an inner look without illusion, empty pride, or false humility by asking yourself the following questions:

- Who are you? How is it with you? Whose are you?

- Who we are relates to whose we are. That's why we have come; to discover the One to whom we belong. We belong to God in our Lord Jesus Christ. We have come to know and celebrate His love and presence.
- He is waiting for us, and waiting to go with us as we leave.

(Conclusion)

You can build for the future only if:

- You are available to God's grace,
- You make the best use of every opportunity,
- You do not prejudge Tres Dias – remember, there is no expected response.

May this be a good time – a God time – as it has been for so many before you who sat in this place on the beginning night of Tres Dias.

Take time now to begin to **KNOW YOURSELF** in this evening of silent reflection.

Time objective: Should not exceed **7** minutes.