Loyola Press 3-Minute Retreat
21 March

Say Yes! to God

We live in a culture that values everything material and devalues that which cannot be seen or proven. But as Christians, we are called to put the world in perspective and “grow in understanding of the riches hidden in Christ.” One way we do that is by allowing the Eucharist to strengthen us to choose God’s will, as we so often pray after Communion.

Strengthened by Christ, we can join wholeheartedly in the words of St. Ignatius:
“Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me.”

- Joyce Donahue, MA, MPS