

What do I want: the Desire of my Life

A session with Sahaya G. Selvam, sdb

Q2: Why does man have a desire for God?

God himself, in creating man in his own image, has written upon his heart the desire to see him. (from *The Compendium of the Catechism of the Catholic Church*)

Opening Exercise

Step 1: *Desire Exercises*

There are no right and wrong answers. Just be sincere in the depths of your heart.

1. Lottery

If you won a lottery of £1,000,000 (or its equivalent in your own currency) what would you do with the money? Write a small budget.



2. The island of infinite possibilities

If you had 24 hrs to spend in an island of infinite possibilities how would you spend your time? In this island you could do whatever you wanted, meet with whoever you wanted.

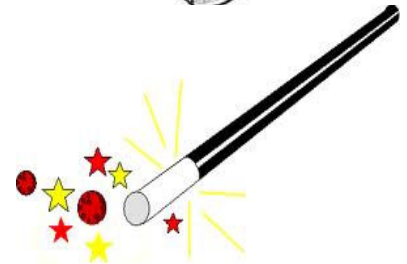


3. Magic carpet

If there was a magic carpet that would take you anywhere in the world, where would you like to go?

4. House on fire

Let's say as you return home from a walk, you find your house on fire. You have just sufficient time to enter your room and pick up one object. What would that be?



5. Magic wand

There is a magic wand that can touch any aspect of your self and that part can instantly become what you desire it to be. What part of your self would you like to be touched by the magic wand? And what would you want it to become?

6. Mirror of Erised

Erised¹ (Desire spelt in reverse) is a large dressing mirror; it never lies. If someone stood in front of it, it is capable of showing their innermost desires. If you stood in front of the Erised mirror what would it show?



Step 2: *Conclusion*

After you finish the above six exercises answer the following questions:

1. Are there any common elements in your answers?
2. What do these common elements say about what you deeply desire for your self?
3. Begin to ask a chain of why questions!

¹ Concept borrowed from J.K. Rowling, *Harry Potter*, Book 1.

1. Introduction

From the *Compendium of the Catechism of the Catholic Church*:

Q2. Why does man have a desire for God?

God himself, in creating man in his own image, has written upon his heart the desire to see him. Even if this desire is often ignored, God never ceases to draw man to himself because only in God will he find and live the fullness of truth and happiness for which he never stops searching. By nature and by vocation, therefore, man is a religious being, capable of entering into communion with God. This intimate and vital bond with God confers on man his fundamental dignity.

2. Guided by the Scriptures

1Chr 28: 9 'And you, Solomon my son, know the God of your father and serve him with an undivided heart and willing mind; for Yahweh scrutinises all hearts and understands whatever plans they may devise. If you seek him, he will let you find him; but forsake him and he will cast you off for ever.

Ps 27:8 - It is your face, Oh Lord, that I seek. Hide not your face from me. Ps 42: 1 Like the deer that yearns for running streams, so my soul is thirsting for you, the God of my life. Ps 63:1-2 Oh God, you are my God, for you I long. For you my soul is thirsting. My body pines for you. Ps 84: 2,10 My whole being yearns and pines for Yahweh's courts, My heart and my body cry out for joy to the living God. One day within your courts is better than a thousand elsewhere.

Lk 11:9 'So I say to you: Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you.

John 1:35-41 The next day as John stood there again with two of his disciples, Jesus went past, and John looked towards him and said, 'Look, there is the lamb of God.' And the two disciples heard what he said and followed Jesus. Jesus turned round, saw them following and said, '**What do you want (seek)?**' They answered, 'Rabbi' -- which means Teacher-'where do you live?' He replied, 'Come and see'; so they went and saw where he lived, and stayed with him that day. It was about the tenth hour. One of these two who became followers of Jesus after hearing what John had said was Andrew, the brother of Simon Peter. The first thing Andrew did was to find his brother and say to him, 'We have found the Messiah'.

3. From Christian Spiritual Tradition

"Great art Thou, O Lord, and greatly to be praised; great is Thy power, and of Thy wisdom there is no end. And man, being a part of Thy creation, desires to praise Thee, man, who bears about with him his mortality, the witness of his sin, even the witness that Thou "resistest the proud, " - yet man, this part of Thy creation, desires to praise Thee. Thou movest us to delight in praising Thee; for Thou hast formed us for Thyself, and our hearts are restless till they find rest in Thee. Lord, teach me to know and understand which of these should be first, to call on Thee, or to praise Thee; and likewise to know Thee, or to call upon Thee.

St. Augustine of Hippo, *Confessions*, 1,1.

"Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me: I surrender it all to You to be disposed of according to Your will. Give me only Your love and Your grace; with these I will be rich enough, and will desire nothing more."

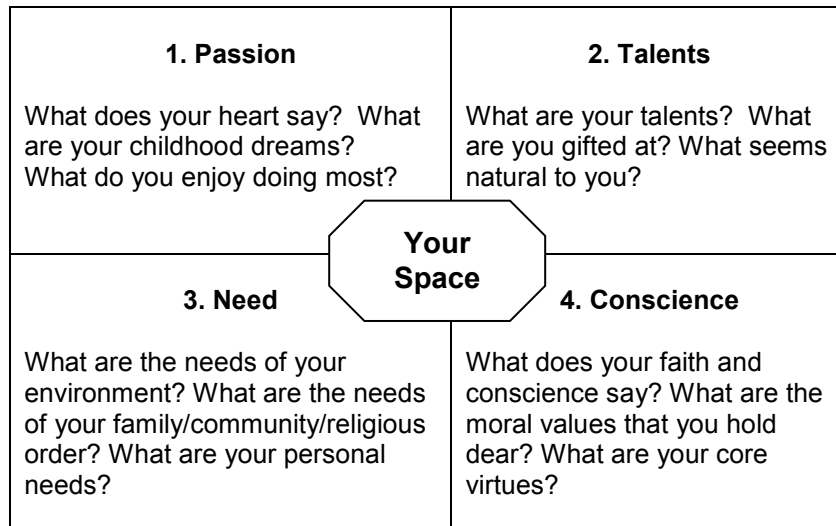
St Ignatius of Loyola, *Spiritual Exercises*, 234

What then is your own deepest desire?

What do I desire?

Finding your Space in the Universe

- God has a plan for each one of us. We were created for a specific purpose. No one else can fill that space that is yours. We need to constantly redefine our space in the universe.
- To find our space in the universe we need to take into consideration the following four aspects. We need to answer the following set of questions:²



This is my desire...

In the box below, speak to God about the deepest desire of your heart. Write a prayer or a poem:

This is My Desire...

² Adapted from Sean Covey, *Six Major Decisions of Life*