

LENTEN PRAYER STUDY

INTO YOUR HANDS, FATHER



RESOURCE GUIDE

2024



Resource Guide created by the
Lincoln Saint Joseph Prayer
Team for the people of Saint
Joseph Parishes in Lincoln, NE
and Colon, NE.

Prayer of Abandonment

Father, I abandon myself into Your hands; do with me what You will. For whatever You may do I thank You. I am ready for all, I accept all. Let only Your will be done in me as in all Your creatures. I wish no more than this, O Lord. Into Your hands I commend my soul. I offer it to You with all the love of my heart. For I love You, my God, and so need to give myself, to surrender myself into Your hands, without reserve, and with boundless confidence, for You are my Father.

Brother Charles of Jesus (1858-1916)



Options for the Study

Prayerfully consider which aspects of the study you are called to complete.

- Read the book. (The book is split up into sections by headings.)
- Offer the prayer by Brother Charles or the Litany of Trust each day.
- Answer reflection questions. (Choose one per day, using it as an opportunity to speak with God and listen to Him.)
- Pray with the scripture option. (Pray with the passage listed each day. See “praying with scripture” in the appendices for help.)
- Meet with a small group. (Form or join a group to discuss the book and your prayer. See “small group discussion” in the appendices for help.)
- Attend parish adoration (Cor ad Cor) on 2/19 and 3/18. (St. Joseph, Lincoln)
- Attend Mass, visit church, go to Confession.

Audiobook options:

Audible:



Catholic Market:



Forming a Small Group

1. Choose your “group” (spouse/significant other, family members, friends, neighbors, parishioners, men’s group, women’s group). Groups can be any size and do not have to be parishioners to participate.
2. Collect the correct number of books and resource booklets from the back of the church. Materials will be available up through Ash Wednesday.
3. Contact your group prior to Lent to distribute materials and decide your meeting schedule (number of meetings and location to meet).
4. Pray for your group members each day.
5. Reference the “Small Group Meetings” in the appendices for assistance during your meeting.

Week 1: Ash Wednesday

2/14 Ash Wednesday

Preface (pg 9-11)

- What misgivings or hesitations do you have in living totally for Him and with Him?
- What has been burdening you, maybe for some time now? What weight do you carry? What aspects of life have you surrendered into the hands of the Father?

2/15 Scripture: Luke 23:44-48

- What is God revealing about Himself in the passage? What is He revealing about you?
- How do you think Jesus was viewing the Father while He was suffering on the cross? How was the Father viewing Jesus' abandonment and gift of self? How is surrender fundamental to union with the Father?

Week 1

2/16

- Review the Stages of Surrender below.
- Pray with the Litany of Trust. Ask the Holy Spirit to help you surrender more to Jesus this Lent.

<https://sistersoflife.org/litany-of-trust/>



Stages of Surrender

Stage 1	Accepting God's will in the circumstances of your life
Stage 2	Actively doing God's will at every moment of life
Stage 3	Abandoning all to God, becoming a pliant tool in His hands

Week 1

2/17 Reflection

- What is something that Jesus is asking you to place in the Father's hands this Lent? Commit to praying with this throughout Lent. (Ask the Lord for the grace to surrender. Ask Him where He is in the situation).
- What aspects of the study do you plan to complete? (See "options for the study".) What are some practices of surrender you can commit to this Lent?
 - Morning Offering, Night Offering (see 'appendices')
 - Pray the prayer written by Brother Charles of Jesus
 - Offering the Litany of Trust
 - Surrendering time to Jesus through a commitment of prayer, attending Mass, Adoration, a small group study, going to Confession
 - Surrendering through fasting
 - Surrendering time, treasure, and talent through almsgiving and acts of corporal/spiritual works of mercy

Week 1

Notes

Week 2:

1st Sunday of Lent

2/18

PART 1: Accepting God's Will (pg 13-14)

- Do you recognize God's will in everything that happens? What aspects of your life are hard to believe are a part of His will? Recall the honesty of Christ in the Garden of Olives, asking the Father to "take this cup away from me" (Lk 22:42). Allow yourself to answer honestly.
- What areas are hard to surrender to the Father, because you are not sure He can will the situation into "the good" for you?
- Scripture option: Mark 14:36

2/19

Your Providence, O Father, Guides! (pg 14-18)

***Cor ad Cor tonight at 7:00 pm (St. Joseph, Lincoln)**

- In what way does the following quote speak truthfully about your life? "God makes use of evil in such a superb way and with such skill that the result is better than if there had never been evil."
- What is an aspect of your life that is hard to believe "he has foreseen it from the beginning and decided how he will use it"?
- Scripture option: Wisdom 14:1-11

Week 2

2/20 Scripture Job 1:1-22

- Why does God permit Job to suffer?
- Reflect on Job 1:21.
- Why does God permit Jesus to suffer?
- Why does God permit you to suffer?

2/21

A Way to Live Continually in God's Presence (pg 18-22)

- Where and when is it easy to recognize God's presence in your life? Where and when does He feel absent, distant, or negligent?
- Read the long quote on page 21. What are you troubled about? What areas of your life have peace?
- Consider the Father while Jesus died on the cross. How does the Father seem when you are suffering?
- Scripture option: Genesis 28:10-22

Week 2

2/22

A Way to Live Continually in God's Presence (pg 23-24)

- Does abandoning yourself to the will of God make you feel powerless in your circumstances? Afraid? Skeptical? Free? Relieved?
- Consider the following quote and what it reveals about the state of your soul. "Genuine spirituality begins when we are prepared to die." What does it reveal?
- Ask the Holy Spirit to help you identify areas of "escapism" in your spiritual life.
- Scripture option: Psalm 121:1-8

2/23

Faith: Seeing the Invisible (pg 24)

- Does your faith permit you to see "the deep dimension of daily events"? Does your faith affect the way you perceive and understand daily life? How? What aspects of your life seem outside of your faith?
- Who do you believe is the author of your life? You? Someone who has power or control over your circumstances? Unnamed forces? God?
- Scripture option: Hebrews 11:1-3

2/24 Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?

Week 2

Notes

Week 3:

2nd Sunday of Lent

2/25

“You Have Turned My Mourning into Dancing” (pg 28)

- What do you think inhibits you from moving forward on the spiritual journey? How could the Father be forming you in these obstacles?
- Reflect on the following: “In many lives of the saints, we read about some difficult or even evil person who provides the amount of persecution that seems necessary to make someone a saint.” How does this connect to your life? Who are the people that are hard to see Jesus within? How could God be transforming you in those situations?
- Do you tend toward anxiety or indifference? Why?
- Scripture option: Romans 8:28-38

2/26

“As Having Nothing, and Yet Possessing Everything” (pg 31)

- Is God “absolutely trustworthy” in theory? How about in practice? What are aspects of your life that have been difficult to entrust to Him? What false attribute does that ascribe to Him?
- “If we do not dare to walk hand in hand with God, whose hand shall we choose?” Whose hand do you choose, when you are not choosing God’s? Why?
- Scripture option: Psalm 84:1-13

Week 3

2/27

“For You, O Lord, Have Made Me Glad by Your Work” (pg 35)

- How can you rejoice in God’s will when it is painful and full of suffering? What does it mean to ‘rejoice’?
- When is a time that all was “not well” by earthly standards, but you were able to find peace in God’s power and guidance and presence?
- Scripture option: Psalm 92:1-16

2/28

Surrendering Our Past (pg 37)

- What are events or experiences from the past that you can look back on with gratitude, understanding, and peace? What are events or experiences that you resent or are hard to dwell on?
- Are you open or resistant to praying with painful memories? Why? If you are resistant, is it hard for you to believe that God will transform them? Does it seem unnecessary? Easier to forget? Too emotional?
- Scripture option: Isaiah 43:1-8

Week 3

2/29

A New Past (pg 40)

- When has Jesus transformed your past sorrow into joy?
- “God was there.” Does this change a past memory into a blessing? Or does it bring up feelings of anger or shame?
- Scripture option: Psalm 90:1-17

3/1 Scripture Genesis 45:1-8, 50:19-21

- How do these passages (about Joseph) tell us about Jesus’ identity and mission in our lives?
- Is it hard to believe that God can redeem the evil done against you in a way as powerful as Joseph? In a way as powerful as raising Jesus from the dead?

3/2 Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?

Week 3

Notes

Week 4:

3rd Sunday of Lent

3/3

A Healthy Memory (pg 42)

- How have healed and blessed memories helped you remain faithful to God in all present circumstances? How have unhealed sorrows and events made it difficult to trust God? To surrender all present needs?
- What fills your memory? Reference the list of questions on pg 43, second paragraph.
- Scripture option: Psalm 22:1-6

***Use the following two pages to surrender your past to God.**

Pray through Past Memories

Surrender your past to the Holy Spirit.

- Choose a memory you want to surrender to God OR ask the Holy Spirit to reveal a memory you need to surrender.
- Invite the Holy Spirit to move and work in you.
- Imagine yourself back in the moment. Use your senses and be detailed.
- Call to mind that Jesus was present in that moment. Place Him next to you.
- Pay attention to how Jesus seems. What is He doing? What is He saying? How is He looking at you? (See appendices for how God speaks and how we can listen.)
- Ask Him to transform your experience of pain into an experience of grace; tell Him you want to remember your past as He remembers it.
- Conclude your prayer with gratitude for His presence and His faithfulness.
- Go back to this memory as often as you feel called to or if it stays on your mind. God often heals slowly and over time. Be patient and persevere.

Other Resources

- "Be Healed" by Dr. Bob Schuchts
- "Unbound: A Practical Guide to Deliverance" by Neal Lozano
- John Paul Healing Center: <https://jpiihealingcenter.org>
- "Interior Freedom" by Fr. Jacques Philippe

The Holy Spirit will

Reveal that He was always with you.

- Reveal that the Father was present in all that you have experienced and help you to believe that.
- Show you God was carrying you when you thought you were faltering.
- Show you that the Father surrounded you with His love when you thought you were abandoned.
- Help you to see the reality and not just the fragment.
- Show you that Jesus can truly say "I am with you."
 - He has experienced and suffered all of it with you. "Everything that wounds you has wounded him first."
 - He suffers it SO THAT you can never think that He doesn't know.
- Give you power so that "every time a painful memory comes back, you can, so to speak, welcome it in Jesus' name. All your memories are also his memories, and your wounds are his wounds."
- Remind you of the words He says to you in Isaiah 43:1-2,5

Heal your past.

- Create your past anew. Receive a completely new past.
- Go back in time and transform the very moment you were hurt into a moment of grace.
- Heal all wounds and transform sorrow to joy.
- Enable us to show Him our wounds and pray: "In your wounds hide me" and eventually we will say "by his wounds you have been healed" (1 Pet 2:24).
- Give us a healthy memory that does not forget the past but remembers it as God remembers it and know it is more His past than ours.

Week 4:

3/4

PART 2: Obeying God's Will (pg 45)

- Reflect on your remaining reservations about the first stage of surrender (accepting and consenting to God's will as it is revealed to us in the circumstances of life). What continues to be difficult to understand? To accept?
- How have you surrendered more to God? What is one area of your life that Jesus continues to ask you to surrender? In what ways are you still clinging onto control? How can you continue making a practice of surrendering?
- How does the idea of obeying God make you feel? Why?

Week 4

3/5

God's Obedience (pg 46)

- When have you said 'yes' to God? What is He asking you to say 'yes' to now?
- Saying 'yes' to God often means saying 'no' to "the self" and "the world". What has been hard to say 'yes' to God, because you do not want to say 'no' to yourself, to the world?
- Do you struggle to feel like God is asking anything of you? Why or why not?
- Scripture option: John 5:19-30

3/6

Does God Will Something at Every Moment? (Pg 48)

- God's will for us in every moment is revealed to us through the Holy Spirit. Following the guidance of the Holy Spirit "does not deprive us of our freedom." What is your experience of living out the promptings of the Holy Spirit?
- Do you prefer the separation between time owed to God and time to do what you want? How is this "me time" keeping Jesus at bay? What is it you fear? How could inviting God into all parts of your day bring more peace, joy, etc?
- Do you believe that surrendering to God through acceptance and obedience will fulfill you or do you fear that it will cost too much, leave you destitute? Why?
- Scripture option: Baruch 4:1-4

Week 4

3/7 Scripture Deuteronomy 30:11-14

- Do you know, understand, and believe in “God’s revealed will” (e.g., the Scriptures, Church teaching)? What Church teachings have you accepted and obeyed? What Church teachings are difficult for you to accept and obey? How can you seek the truth in these areas?
- Consider verse 14: “ But the word is very near you. It is in your mouth and in your heart, so that you can do it.” What graces do you want to ask Jesus for so that you can persevere in your current trials?

3/8

Try to Discern the Will of the Lord (pg 51)

- How do the Scriptures affect your daily life and how you understand the world around you?
- Do you have a habit of silence and solitude in order to know the will of God intuitively? How has silence and solitude helped you hear God’s will in the past? How can you better listen to Jesus?
- When was a time that you listened to an inner prompting and experienced deep peace?
- Scripture option: Psalm 25:1-15

3/9 Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?

Week 4

Notes

Week 5:

4th Sunday of Lent

3/10

Openness and Availability (pg 56)

- Do you have an attitude of openness and readiness to do what God asks of you each day? What makes it difficult to be open? To be ready?
- When have you responded to God's promptings, in spite of your plans for the day? How did you know the promptings were from Him?
- Scripture option: Luke 1:26-38

3/11

Detachment (pg 58)

- Do you see your desires as good? Do you place all of them at the feet of Jesus and let Him speak to you about them? Why or why not? How have certain desires lessened or increased as you have grown closer to Jesus?
- How can you grow in patience for God's will to be revealed? What are areas of life that you have continued to wait for Him to speak or move?
- The more we focus on God's will, it becomes a temptation to believe the Father only wants our submission as slaves rather than our loving obedience as children. How can you better recognize God's love in His call, His will?
- Scripture option: Matthew 6:9-14

Week 5

3/12

Living in the Present (pg 60)

- Reflect on God's greatness and His humility. His will often makes us think of His greatness and His power. Reflect on His will being humble (Incarnation, Crucifixion, etc.)
- What are some of the small tasks and interactions of your day that you can be more present in? What takes you out of the moment? How could you start viewing it as an opportunity to love God and neighbor?
- What past griefs make it difficult to live in the present moment? How can you surrender those to God through prayer? What future anxieties make it difficult to live in the present moment? What distortion of God makes these griefs and anxieties believable?
- Scripture option: Psalm 8:1-10

3/13

Boundlessness and Unity (pg 65)

- "All things are vanity" unless it is given meaning by God Himself. What aspects of your life feel meaningless? Why?
- Are you often discouraged or overwhelmed by all there is to do? All the people who need help? Need love? How can a greater surrender to God's will in the present moment relieve the sense of being divided or not enough to others?
- Scripture option: Ecclesiastes 1:1-11

Week 5

3/14

True Freedom (pg 68)

- Have you sacrificed your “deep will” for love for a shallow will, pursuing what you like and pursuing personal gain? Why or why not?
- Do you recognize God as a loving Father who wills the good for you? How does this affect your belief of God’s will as true freedom?
- What are you afraid God will not permit or call you to if you give Him total reign over you? Is this because those things are not holy? Do not help you live your true nature? Or are you afraid He doesn’t want what is good and fulfilling for you?
- Scripture option: Galatians 5:13-26

3/15 Scripture Romans 6:19-23

- How does it make you feel when Paul asks us to become “slaves of God?”
- Consider how Mary called herself a slave of God (“I am the servant [slave] of the Lord; let it be to me according to your word” [Luke 1:38]). By abandoning herself to the Father, did Mary lose anything? Or did she enjoy the fruits of “sanctification and its end eternal life” (Rom 6:22)? Ask for Mary’s intercession to help you abandon yourself to God in your trials like she did.

3/16 Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?

Week 5

Notes

Week 6:

5th Sunday of Lent

3/17

Mankind's Rebellion (pg 72)

- Read the first paragraph of the section on page 72. What questions or reservations about God stood out to you? Why?
- When have you experienced God say to you or show you, “not I, but you”? What are you grateful to God for? How can you say, “not I, but you” with more affection and trust?
- Scripture option: Genesis 1:24-31

3/18

PART 3: Being God's Instrument (pg 77)

***Cor ad Cor tonight at 7:00 pm (St. Joseph, Lincoln)**

- What questions or reservations do you have about letting God work through you?
- Reflect on the following quote; “Nothing is provided for the future, no road is marked out, but it is like a child which can be led wherever one pleases.” How is God inviting you to be more childlike through surrender?
- What within you and in your life is rightly ordered? What is still scattered? Are the four passions (joy, hope, sorrow, fear) ordered toward God?
- Scripture option: Galatians 5:13-26

Week 6

3/19

Surrendering Everything (pg 80)

- Contemplate your inevitable death. How can you die to self out of love for God now, instead of waiting until the final moments of your life? Do you see this as fulfilling? Draining? Do you fear it? Embrace it?
- “True love inevitably leads to total surrender.” How has Christ surrendered Himself totally to you and for you? How have you responded?
- Do you understand the Eucharist as Christ’s total surrender, total love, total union? How can you surrender to Jesus through the Eucharist?
- Scripture option: John 10:1-18

3/20

Let God Act (pg 83)

- Consider the following quote: “the total surrender referred to here implies that we lay the entire responsibility upon God.” What are you tempted to control or take upon yourself?
- Does letting God act in you feel like a relationship of use or a union of love? Why?
- “In practice, it means that one lets go of one’s own ego.” What areas of life are governed by your ego, rather than God’s love?
- Scripture option: John 3:22-30

Week 6

3/21 Scripture John 3:22-30

- How does John let the Holy Spirit act and move in Him?
- Ask the Holy Spirit, “where are you calling me to decrease? And where is the room in my life for Christ to increase?”
- What made John the Baptist’s joy complete (John 3:29)? Where are you trying to seek joy outside of Christ?

3/22

Saint John of the Cross’ View (pg 87)

- How can you more patiently accept that “one cannot leave behind one’s natural way of living in one day” and that “it is a long process”? How can you continue to practice entrusting one aspect of life to Him?
- Consider the following quote: “Instead of striving to remember all that we have to do, we should turn our memory toward God like an open and empty bowl...” How can you rely more on the Holy Spirit’s guidance than your own plans?

3/23 Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?

Week 6

Notes

Holy Week

Palm Sunday

3/24 Palm Sunday

Surrender and Our Own Activity (pg 93)

- Consider the following quote: “Doing nothing oneself does not mean that one does nothing at all. It is just the opposite, but one does not do it alone.” Reflect on portions of your day in light of always being with God. What stands out? Why?
- When you make impulsive decisions, what is at work within you? What motivates these choices? How can you surrender this to Jesus?
- Scripture option: John 8:21-30

3/25

Active or Passive? (Pg 95)

- What activities of your day do you dislike, avoid, or dread? How can an attitude of surrender to God, a commitment to remaining present and faithful change your interior disposition? Consider selecting a specific one and living the moment with purpose and surrender.
- How has a greater surrender to God this Lent increased your desire to love others and your capacity to serve them more selflessly? Can you think of some specific examples?
- Scripture option: Romans 13:8-10

Holy Week

3/26

Peace of Heart (pg 98)

- What increases peace in your heart? Why? What destroys peace in your heart? Why?
- What are some areas of life that bring about stress? Do certain activities, relationships, or times of day increase your stress? How can you be more open to God and His will for you in these?
- Scripture option: Colossians 3:5-17

3/27

The Prayer of Surrender (pg 100)

- How does daily prayer affect your ability to surrender? Have you been faithful to quiet time with Jesus this Lent?
- How can you continue building or living a habit of prayer during the Easter season? How can you continue to grow in surrender?

3/28 Holy Thursday

A Testimony: Letting Go (pg 103)

- How has living a more radical surrender made you recognize your true poverty: your inability to control circumstances, your need for Jesus? What did you previously try to control that you have now let go?
- We begin Triduum on Holy Thursday. Consider how Jesus, Mary, the disciples had to “let go” by accepting and obeying the will of the Father.
- Scripture option: Luke 22:1-71

Holy Week

3/29 Good Friday - Scripture Luke 23:1-56

- Read slowly through the whole of this chapter, allowing the Holy Spirit to speak through the text. Meditate on how Jesus speaks and acts during the Passion. What gives evidence to His state of perfect surrender?
- Repeat verse 46 and let the words of Jesus settle in your heart. Pay attention to your soul's response or reaction.

3/30 Holy Saturday - Reflection

- What stood out to you this week? What is something Jesus is asking you to surrender to Him? How have you been able to respond?
- How has Jesus changed you this Lent? What has He done in your heart?
- What is Jesus calling you to as you move into the Easter season?

Holy Week

Notes

Appendices:

Small Group Meetings

(Discussion Tips)

- Begin with prayer. It can be spontaneous, Brother Charles of Jesus' prayer, the Litany of Trust, or another prayer.
- Invite the Holy Spirit into your discussion.
- Take a moment of silence to review the reflection questions from that particular week.
- Discuss:
 - Any of the reflection questions
 - What is Christ revealing to you in prayer?
 - What is something that struck you in the passages or meditations?
- Remember, be selective in the questions that you ask. Resist the urge to cover all the provided questions, but rather aim for deep conversation on one or two questions. Focus on honesty, depth, and a chance for everyone to share.
- Close your conversation with prayer, interceding for each other, and those you love. Express your gratitude for God's goodness.

Appendices:

Prayer Examples

Morning Offering (Example)

Father, I surrender to You my day. I give You my mind, my body, my heart, and my life. I give it all back to You for it is You who freely gave them to me. In great need and affection, I ask You for Your protection, Your strength, and all the graces necessary to walk the path You lay at my feet. Amen.

Night Offering (Example)

Father, thank You for the gift of this day. Thank You for Your graces, Your guidance, and Your mercy. Please accept today as a gift, as imperfect as it is. I unite it to the perfect gift that is Your Son, Jesus. As I go to sleep, I surrender to You all my cares. Watch over me, Father, and grant me a restful night. Amen.

Appendices:

Listening and Hearing the Voice of God (Discernment Tool)

God's Voice	Satan's Voice
Stills you	Rushes you
Leads you	Pushes you
Reassures you	Frightens you
Enlightens you	Confuses you
Encourages you	Discourages you
Comforts you	Worries you
Calms you	Obsesses you
Convicts you	Condemns you
God is never early and He is never late. He is always right on time and His plans for you are good. God is a God of love and order.	If the voice you are hearing doesn't sound like goodness, love, and order, then it is not from God.

Appendices:

Ways God Speaks to Us

(Prayer Aid)

- Hearing (“Thought” voice)
 - Sensing words in response to your thoughts
 - Words and phrases that stand out in Sacred Scripture
 - Messages that come from other people (someone saying something that connects directly to a prayer)
- Seeing (Imagination)
 - Images coming to mind and developing during meditation
- Feeling
 - Small movement of the heart (sense of calm or peace, feeling of being loved, feeling of being safe/protected, feeling like a weight has been lifted off your shoulders)
 - Sensing a loving Presence within your heart
 - ex: that feeling in the pit of your stomach
- Knowing (Graced knowledge in a moment)
 - Strengthening of a deep, interior conviction or truth (I am not alone, I am loved just as I am, I am completely forgiven, etc.)

Appendices:

Praying with Scripture

1. Settle your mind and invite the Holy Spirit to guide you.
2. Spend a few moments resting in the Father's presence.
3. Read the passage/verse slowly, pausing when a word or phrase stands out.
4. Be still in what He is revealing to you.
5. Read the passage again, pausing when a word or phrase stands out.
6. Be still in what He is revealing to you.
7. Conclude with gratitude for His presence and His goodness.
8. Write down any revelations.

Appendices:

Pirate Prayer Method: ARRR (Prayer Aid)

Acknowledge:

- Acknowledge He is looking at you and delights in you.
- Acknowledge what is happening in your heart at this time. Acknowledge what is coming up. .
- Don't make judgements about what is there. Just acknowledge it.

Relate it to Jesus:

- Jesus, I am _____ right now.
- Don't dress it up just say it to Jesus, give it to Him.

Receive from the Lord:

- Can be most difficult step.
- He desires to say something to you. It is unique to you. He speaks to you only how He speaks to you.
- He can speak through:
 - Thoughts
 - Interrupting a way of thinking
 - What's happening in your heart
 - Scripture passage or words that come up in your mind.

Respond back to Him in love:

- Say thank you for looking at me. I know you love me.
- Thank Him for what you have received.

