

Romans 12, 1-2

Today, we will pray with Romans 12, verses 1 and 2. We take time to settle ourselves, to become present in our bodies, which are temples of the Spirit, so as to enter into relationship with the One who dwells in the depths of our hearts.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Come, Holy Spirit. Teach us to pray. Teach us to listen. Teach us to allow the Holy Spirit to lead us.

Therefore, brothers and sisters, I urge you, by the tenderness of God, to offer your bodies, your whole selves, as a living and holy sacrifice pleasing to God. This is the true and proper worship you are to offer Him. Do not conform yourselves to the present world, but be transformed.

Be transformed by the renewal of your mind, so that you may discern the will of God—what is good, pleasing to Him, and perfect. I urge you, brothers and sisters, by the tenderness of God.

In the name of the tenderness of God, which desires to fill your hearts, in the name of the God who wants to reveal His tenderness to you and draw you into this love and communion that is our happiness, I urge you to offer your body—that is, your whole person—as a living sacrifice.

Offer your whole person as a living sacrifice. Not a sacrifice like pagan sacrifices, certainly not human sacrifice; nothing morbid, nothing destructive, but a sacrifice of life, for life—a consecration of oneself.

To entrust our whole being and present it to Love—the fulfilling love of God's tenderness—to present ourselves to the One who alone can give us what our hearts most deeply desire.

I urge you, by the tenderness of God, to offer your whole person as a living sacrifice. This means using all your freedom and all your heart to respond freely to love with love.

This is your true way of worshiping Him—not an external worship, not merely checking boxes, but a genuine response of love.

I have come to understand that our God is not a God to whom we merely owe an account, but a God who created us for a covenant relationship. He created us capable of pleasing Him. My response to His love delights Him.

My way of living, permeated by His love and His Holy Spirit, pleases God. I can bring joy to my God, and that becomes my own joy. Do not take the present world as your model.

Let us not take as our model our self-centered tendencies, our pursuit of pleasure, wealth, or power.

We were not created to build a Tower of Babel or to become the most powerful. We were created for communion.

Do not take as your model this present world, a world not yet fully redeemed, but be transformed by renewing your way of thinking. Let us allow ourselves to be led by the Holy Spirit.

Lord Holy Spirit, come and transform my way of thinking so that my way of living may be transformed. Help me clarify what I am truly seeking.

Be transformed by renewing your mind in the Holy Spirit so that you may discern God's will—what is good, pleasing to Him, and perfect.

Come, Holy Spirit, grant that the driving force of my life may be seeking to do God's will—that is, responding to love with love.

Teach me to discern what is good, what is worthy of my humanity created in the image of the God who is Love.

Teach me to discern what is pleasing to Him, what is perfect—not an external moral perfection, but the perfection of sharing in the life of my God of love.

During these moments of silence, we can let a word resonate within us: “be transformed,” “living,” “pleasing.” Lord, I desire to surrender my life to You.

Love for love. I desire to please You. I offer You this final preparation in the journey. Prepare my heart for this offering. Heal my mind from every fear of a threatening God.

Time of silence (the transcript mainly contains incomplete and repetitive words generated automatically).

I urge you, by the tenderness of God, to offer your whole person as a living offering, pleasing to God.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven