

I WILL RISE

Verse 1

There's a peace I've come to know
Though my heart and flesh may fail
There's an anchor for my soul
I can say it is well

Pre-Chorus

Jesus has overcome
And the grave is overwhelmed
The victory is won
He is risen from the dead

Chorus

(And) I will rise when He calls my name
No more sorrow no more pain
I will rise on eagle's wings
Before my God fall on my knees
And rise
I will rise (I will rise)

Verse 2

There's a day that's drawing near
When this darkness breaks to light
And the shadows disappear
And my faith shall be my eyes

Bridge

And I hear the voice of many
angels sing
Worthy is the Lamb
And I hear the cry of ev'ry
longing heart
Worthy is the Lamb
(REPEAT)
Worthy is the Lamb

CHRIST IN ME ARISE

Chorus 1

Christ in me arise and dispel all the
darkness
Christ in me arise with Your power
and Your strength
Christ in me pour out Your blessing
and healing
Christ in me arise and I shall rise
with You

Verse 1

Be now my vision open these eyes
Showing me all that I must see
Onward to the kingdom You are the
way
Arise in me and I shall rise with You

Verse 2

Be now my footsteps leading the way
Taking me where I must go
Onward to the kingdom You are the
way
Arise in me and I shall rise with You

Bridge

You know my heart and You know
my ways
You who formed me in my mother's
womb
I live and move in You
My whole being thrives in You

Chorus 2

Christ in me arise and dispel all the
darkness
Christ in me arise with Your power
and Your strength
Christ in me pour out Your blessing
and healing
Christ in me arise
Christ in me arise
Christ in me arise and I shall rise
with You



Kingdom
Builders

RISING WITH CHRIST

MAY 2025 GATHERING NOTES



1. Thought Trees
2. Five Steps of Forgiveness
3. Personal Relationship with God

THOUGHT TREES

Our thoughts are real and take up space in the form of beautiful or
creepy thought trees
(Reference: Thought Trees ~ Dr. Caroline Leaf, Neuroscientist &
Christian Author).

“Finally, sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.” Philippians 4:8

*“We bring every thought into captivity and obedience to Christ.”
2 Corinthians 10:5*

“Brothers and sisters: If then you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. Think of what is above, not of what is on earth.” Colossians 3:1 (from the 2nd Reading 4/20/25)

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FIVE STEPS OF FORGIVENESS

Apologizing and forgiving are challenging, yet beautiful thought trees necessary for healthy relationships (Reference: Hold Me Tight by Dr. Sue Johnson).

“But you will receive power when the Holy Spirit comes upon you.” Acts 1:8 (from the 1st Reading 6/1/25, Solemnity of the Ascension of the Lord)

- Step One ~ Communicate the Injury**
- Step Two ~ Acknowledging the pain**
- Step Three ~ Ownership of the behavior**
- Step Four ~ Apology**
- Step Five ~ Forgiveness**

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PERSONAL RELATIONSHIP WITH GOD

God desires a unique, personal, and individual relationship with each of us. That is why we begin the Mass by apologizing and seeking forgiveness in the Penitential Rite.

“There is a much greater difference between people’s souls than between their faces.” Saint Teresa of Avila

*“Behold, I make all things new.” Revelations 21:5
(from the 2nd Reading 5/18/25)*

*“Begin all prayer, whether mental or vocal, by an act of the Presence of God. If you observe this rule strictly, you will soon see how useful it is.”
St. Francis de Sales*

“... My Father will love [her], and we will come to [her] and make our dwelling with [her].” John 14:23 (from the Gospel 5/25/25)

*“Finally, you are one with Jesus as the body is one with the head. You must, then, have one breath with Him, one soul, one life, one will, one mind, one heart. And He must be your breath, heart, love, life, your all.”
St. John Eudes*

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www.BuildingThroughHim.com

If you are a Catholic that has been away from the Sacraments ~ Jesus thirsts for you to come home. If you are not Catholic but are seeking Jesus in the Eucharist, He longs to give Himself to you. Please contact our RCIA Director below for more information.

PARISH INFORMATION



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