



Insane for the Light, A Spirituality for Our Wisdom Years, by Ronald Rolheiser

Week 10- Chapter 9: A Paradigm from a Christian Mystic

- **Check in Question:** If you were called to live as a Christian mystic, which path would most naturally draw you: a deeply loving relationship expressed through romantic partnership, a life centered on contemplative prayer, or a spirituality lived out through active service to others?

Opening Prayer

Loving God,

You call each of us into relationship with You in many ways—through prayer, through love shared with others, and through service to the world You have made.

Open our hearts today to Your presence. Draw us into deeper prayer, where we learn to listen for Your voice in silence. Teach us to love well, with the kind of faithful, generous love that reflects Your own heart. And send us out in service, so that what we receive from You may become a gift for others.

Unite these paths within us, that our love may be grounded in prayer and our service may flow from love.

We ask this through Christ our Lord.

Amen.

Reflection questions:

As you read through the following questions, select one or two that speak to you and be ready to share your reflection.

Chapter 9

1. Of the six stages from immaturity to maturity, where do you see yourself at this point in your life? What experiences or insights lead you to that sense?
2. What does it mean to you personally to live a life grounded in radical trust and faith in God alone? How is that showing up in your life right now?

3. Throughout the book, Rolheiser speaks about the “dark night” of the soul, a time many fear. Yet he also suggests that it can lead to a deeper union with God. How does that perspective affect the way you view such a spiritual experience?
4. Rolheiser often reflects on Abraham and Sarah, who were called to follow God without knowing their destination. How would you respond if God asked you to step forward in a similar way, without clarity about the outcome?
5. Montaigne once said, “If you do not know how to die, never mind. Nature will tell you how to do it on the spot.” Throughout this book, Rolheiser invites us to prepare for death by how we live. What insight or theme from the book has been most meaningful or transformative for you?

Closing Prayer

For whom and what shall we pray...

Loving God,

We place ourselves and our lives into Your hands. You are the Alpha and the Omega, the beginning and the end of all things. Teach us to live with wisdom, courage, and love, so that when our time comes, we may also learn to die well—trusting ourselves completely to You.

Free us from fear of the unknown, and from anything that keeps us from living with honesty, compassion, and peace. Shape our hearts so that each day becomes a preparation for that final surrender into Your mercy.

When we come to the end of our earthly journey, may we be found ready: open to Your light, at peace with our lives, and confident in Your promise of eternal life. Into Your hands we commend our spirit, now and always.

We ask this through Christ our Lord.

Amen.