



# *Extraordinary Time*



*Into His Marvelous Light Study Series*  
*“enlighten the mind, encourage the spirit, transform the heart”*

  
**Magis Women** ❤️

The Magis Center was founded by Fr. Robert Spitzer, S.J. Ph.D., as a response to the “inaccurate secular myths” that are corroding faith and morals as well as undermining faith in God and Jesus Christ. The goal of Magis is to restore, reconstruct, and revitalize belief in God, the transcendent dignity of every human person, the significance of virtue, the higher levels of happiness, love, and freedom and the real presence of Jesus Christ. Magis is committed to finding and returning lost sheep to the Good Shepherd while creating disciples of those who “hear the Word”.

Magis (pronounced Mah-Jis) in Latin means “more”. In some contexts it can mean “the even more”—the furthest frontier. The goal of Magis Women is to offer resources that will lead women to their more—for the greater glory of God.

*Extraordinary Time* is a Special Edition interim study guide developed by Magis Women. As part of the Magis Women *Into His Marvelous Light Study Series*, (1 Peter 2:9), *Extraordinary Time* was developed in response to requests for a “study between studies” for those who desire to stay in touch with the Word of God when circumstances do not allow participation in a formal study. Offering the hallmark features of all Magis Women study guides, *Extraordinary Time* invites the participant to journey through the Church’s season of Ordinary Time by utilizing weekly themes, journaling, prayer, and expressive art invitations.

*Magis Women Into His Marvelous Light Study Series*  
“enlighten the mind, encourage the spirit, transform the heart”

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# Your Season of Extraordinary Time Begins Here

*“First, I give thanks to my God through Jesus Christ for all of you, because your faith is heralded throughout the world. God is my witness, whom I serve with my spirit in proclaiming the gospel of his Son, that I remember you constantly... [and] share with you some spiritual gift so that you may be strengthened, that is, that you and I may be mutually encouraged by one another’s faith... For I am not ashamed of the gospel. It is the power of God for the salvation of everyone who believes: ... in it is revealed the righteousness of God from faith to faith; as it is written, “The one who is righteous by faith will live.”*

Romans 1:8-17 NABRE

*My hope for your journey in this ordinary time, is that it leads you to open your Bible and read the chapters that surround each weekly scripture. I am convinced that it will draw you closer to our LORD and give you more confidence in your walk with HIM. Reading HIS Word gives you a glimpse of HIS face and a knowledge of HIS character of love and faithfulness.*

Mayen Handy

You will find several elements in this study that are designed to help move your understanding from your mind to your heart:

- *A weekly calendar grid designed to help you plan and time block your study time, including a “habits and practices” tracker.*
- *A daily question prompt for each lesson to help integrate what you’re learning into your everyday life.*
- *“Abba time”: the most vital element of this study - and your transformation.*

Welcome to *Extraordinary Time: Making the Ordinary Extraordinary*.  
This study, with the help of the Holy Spirit, will allow the scriptures within to *enlighten your mind, encourage your spirit, and transform your heart.*



# Prayer Time

Read Psalm 5:4 (NAB) or Psalm 5:3 (NIV) and write it below:

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Highlight the above scripture in your Bible and write today's date in the margin, along with the words *Prayer Time*.

Read Psalm 16:7-8 and write it below:

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Highlight the above scripture in your Bible and write today's date in the margin, along with the words *Prayer Time*.

When do I normally pray? Is this time fruitful for me?

Does my prayer time need to change? If so, is there a time or place that has less interruptions and creates more fruitful time with the Lord?



# Notes from the Catechism

## ***Is the Bible truly The Word of GOD?***

“In Sacred Scripture, the Church constantly finds her nourishment and her strength, for she welcomes it not as a human word, “but as what it really is, the word of God.”

“In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them.” from CCC 104

“The Sacred Scriptures contain the Word of God and, because they are inspired they are truly the Word of God.” from CCC 135

“God is the author of Sacred Scripture because he inspired its human authors; he acts in them and by means of them. He thus gives assurance that their writings teach without error his saving truth.” from CCC 136

## ***How can the Word transform my life?***

“The Church “forcefully and specifically exhorts all the Christian faithful . . . to learn ‘the surpassing knowledge of Jesus Christ,’ by frequent reading of the divine Scriptures. ‘Ignorance of the Scriptures is ignorance of Christ.’” from CCC 133

## ***How can I understand what the Scriptures mean?***

“Interpretation of the inspired Scripture must be attentive above all to what God wants to reveal through the sacred authors for our salvation. What comes from the Spirit is not fully “understood except by the Spirit’s action.” from CCC 137

## ***Why the Old and the New Testaments?***

“The unity of the two Testaments proceeds from the unity of God’s plan and his Revelation. The Old Testament prepares for the New and the New Testament fulfills the Old; the two shed light on each other; both are true Word of God.” from CCC 140

“The Church has always venerated the divine Scriptures as she venerated the Body of the Lord”: both nourish and govern the whole Christian life. “Your word is a lamp to my feet and a light to my path”. CCC 141

## ***Praying with the Word of GOD...***

“The Holy Spirit is the *living water* “welling up to eternal life” in the heart that prays. It is he who teaches us to accept it at its source: Christ. Indeed, in the Christian life there are several wellsprings where Christ awaits us to enable us to drink of the Holy Spirit.” CCC 2652

“The Church “forcefully and specially exhorts all the Christian faithful . . . to learn ‘the surpassing knowledge of Jesus Christ’ (*Phil 3:8*) by frequent reading of the divine Scriptures. . . . Let them remember, however, that prayer should accompany the reading of Sacred Scripture, so that a dialogue takes place between God and man. For ‘we speak to him when we pray; we listen to him when we read the divine oracles.’” from CCC 2653

“The spiritual writers, paraphrasing *Matthew 7:7*, summarize in this way the dispositions of the heart nourished by the word of God in prayer “Seek in reading and you will find in meditating; knock in mental prayer and it will be opened to you by contemplation.” from CCC 2654

To understand more about what the Church believes on Sacred Scripture, read these paragraphs in the *Catechism of the Catholic Church*:101-141. To understand more about what the Church believes on Prayer, read Part 4 of *Catechism of the Catholic Church*.

## ***How can I commit time to study and pray God’s word?***



# Planning for Success

Now that you have more understanding of the importance of God’s Word, let’s explore how you can set yourself up for the best possible experience of this study. Here are a few tools for your toolbox:

## Tool # 1 - The Calendar Grid

Each lesson in this study guide is designed to start on a Monday and end either before or during the following weekend. To help with this, we’ve created a weekly calendar grid to kick-off each lesson. You’ll have the opportunity to start your week by addressing simple scriptures and will journey deeper into a practical understanding of the Word of God as you answer the daily question in the calendar grid.

As far as the calendar grid **itself**, you can use this as a tool to **plan your time** (doing your best to ensure that your bible study/prayer time is scheduled) OR you can use it as a tool to log your time (sometimes what we *think* we do with our time is *not actually what we do* with our time). Note: It’s a very enlightening exercise to spend a week or two **logging your time** to see where it’s really going - we highly suggest you give it a try!

Whether or not you choose to use the calendar as a tool for your study, it **IS** important that you:

- Answer the daily question on the calendar grid, and;
- complete the exercises regarding the scriptures on the opposite side of the calendar.

### Food for thought

Think about your relationship with time, particularly your time. *Does the thought of utilizing this tool (the calendar grid) appeal to you, or not? Are you willing to explore the use of this tool? Why or why not? Write your thoughts about this below.*

## Tool # 2 - Writing Scripture as Prayer

Many of the exercises in this guide will invite you to “rewrite this scripture as a personalized prayer”. This can take many forms but all of them are meant to help you connect to the Word in a uniquely personal way.

Take a look at the following examples.

“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.” Ps. 143:8 NIV

**Personalized:** (This is the original scripture in first person.)

I allowed the morning to bring me Word of Your unfailing love, O Lord, I have put my trust in You today. Show me the way I should go because I entrust my life to You.

**Claimed:** (This is a statement to stand on.)

I remember Your word is unfailing, so I trust in You.

**Prayed:** (This is written as a simple prayer.)

Father, thank You for being trustworthy and always loving me!

**Expanded:** (This is a prayer that incorporates additional scripture and/or heartfelt desire.)

Heavenly Father, thank You for reminding me of Your love within my prayer time. Help me to trust in You with my whole heart and offer You more time to hear Your voice that I might walk in Your will. In Jesus’ name I pray. Amen.

- *Rewrite the same scripture verse - in a different way that is personal for YOU.*

## Tool # 3 - Abba Time

We’ve saved the best tool for last. It’s called “Abba Time” and it’s included in every lesson of this study guide. Abba Time is your special opportunity to immerse yourself in the Father’s love and spend time resting in Him. The time spent in this silence with the Lord will help you more deeply understand and experience the heart of Jesus. Abba Time is the most vital element of this study - and your bridge to transformation.

*Abba Time has four movements:*

**Enter:**

Settle down and prepare for prayer. A short prompt specific to each lesson initiates this movement.

**Expand:**

Write your thoughts about what you learned or experienced during the lesson. Take this time to pour your heart out to the Lord.

**Experience:**

Move into silence. If you need a little assistance, we’ve prepared guided meditations to help bring you into this quiet space with the Lord.

**Express:**

Be creative as you record any insights in words or images that were impressed upon you during this experience.

To learn more about Writing Scripture as Prayer, or for a more detailed explanation of how Abba Time works, click on the QR code here to access videos. Or, you can visit our resources page at [www.magiswomen.com](http://www.magiswomen.com).





“I am always aware of the Lord’s presence;  
he is near, and nothing can shake me.

And so, I am thankful and glad, and I feel completely secure,  
because you protect me from the power of death...

You will show me the path that leads to life;  
your presence fills me with joy  
and brings me pleasure forever.”

Psalm 16:8-11 GNT

To Do List:

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*Highlight the scripture in your bible and write today’s date in the margin, along with the words: HE is with me! Then read the scripture aloud and rewrite it as a personalized prayer. Re-read this scripture prayer each day this week and journal about any new thoughts that come to you.*

Notes

Habit Tracker	M	T	W	Th	F	Sat	S



## Abba Time



**Enter** into time with The FATHER by preparing your heart for prayer.

*“Heavenly FATHER, thank you for being the One I can depend on and put my confidence in. I know that I have joy in your presence. Please help me to express the joy that YOU are fulfilling in me.”*

**Expand** your thoughts regarding this week’s Scripture. How did it move your heart to understand the purpose of HIS Word in your life?

*“Abba, FATHER, this scripture...”*

**Experience** GOD’s presence by entering into the silence - for an amount of time that you determine.

*Surrender this time for silence as a gift to HIM and you.*

**Express** any insights you received from HIM during this time of study and silence. Feel free to write, draw, color, paint or paste.

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the student to express insights, write, draw, color, paint, or paste.