

NOTES

In the battle of prayer, we must face in ourselves and around us erroneous notions of prayer. Some people view prayer as a simple psychological activity, others as an effort of concentration to reach a mental void. Still others reduce prayer to ritual words and postures. Many Christians unconsciously regard prayer as an occupation that is incompatible with all the other things they have to do: they “don’t have the time.” Those who seek God by prayer are quickly discouraged because they do not know that prayer comes also from the Holy Spirit and not from themselves alone. (CCC 2726)

God calls man first. Man may forget his Creator or hide far from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, the faithful God's initiative of love always comes first; our own first step is always a response. (CCC 2567)

In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit... Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. (2565)

LECTIO DIVINA

I will stand for the space of an *Our Father*, a step or two before the place where I am to meditate or contemplate, and with my mind raised on high, consider that God our Lord beholds me. (St. Ignatius of Loyola, SpEx 75)

READING | Lectio

- Start with a passage from Scripture and get familiar with the text.
- Slowly read the passage a second time.
- Very slowly read the passage a third time.
- Pay attention to which word, words, or phrases rest in your heart.

MEDITATION | Meditatio

- Ask yourself: “What are the implications of this text in my life?”
- What was the word or phrase that “tugged at your heart”?
- What thoughts, feelings, or desires come to your heart?

CONVERSATION | Oratio

- Speak with God as you would speak to another person.
- Tell God why the word or phrase tugged at your heart.
- Tell God about whatever you thought or felt as you prayed.

REST | Contemplatio

- Rest in God’s presence.
- What is He inviting you to?

READING PLAN

Tuesday: Matthew 6:7-15

Wednesday: Luke 12:22-32

Thursday: Matthew 7:7-12

Friday: Matthew 5:20-26

Saturday: Matthew 5:43-48

Sunday: Matthew 17:1-9

Monday: Luke 6:36-38