

PRACTICAL TOOLS FOR A LIFE OF PRAYER

Speak, Lord, your servant is listening (1 Sam 3:10)

Entering Into Prayer

1. Find a suitable place.
2. Realize that harmony of body and spirit is important; take a peaceful, relaxed, meaningful position.
3. Spend a few moments quieting yourself – becoming aware that you are placing yourself in the presence of God in a special way.
4. Ask for the grace you most desire.
5. Read slowly the scripture passage (or proceed with whatever method you have chosen for prayer).
6. Try not to think or figure things out on your own, but let the Spirit pray through you. (Rom 8: 26-27)
7. Pause and savor wherever you feel drawn or moved.
8. Ponder these moments within you heart as Mary did.
9. Respond to them from your heart.

Review after the Period of Prayer

1. What passage did I choose?
2. What grace did I ask for?
3. What was my mood, changes in mood?
4. Did I experience comfort or discomfort?
5. Where did I dwell?
6. What was enjoyable? Distasteful? Moving?
7. What struck me or stood out for me?
8. Where was the Lord working?
9. How did I respond?
10. Did I receive the grace I asked for?
11. Did the time go slowly, moderately, quickly?
12. Was there some area that I should return to in my next period of prayer?

An Awareness Examine At the End of the Day

Ask for the Light of the Holy Spirit to see through God's eyes...

1. What have been the gifts during the day that I should be thankful for.
2. Where God has been working during the day in my life; where am I co-operating with Him today; where I am co-operating with the sinful element within me and not doing what I want to do in the Lord. (Rom 7: 15-20)
3. Ask for sorrow and forgiveness for the times when I have not been attentive and responsive to his presence and love in my life.
4. Finally, ask for his help and guidance for tomorrow, trusting that He will be with me.