

Suggested Scriptures for the Week of March 17-22

1. TUESDAY: Scripture...1 Kings 19:9-13

Grace: *To receive the gift of patient perseverance and that I may receive God as He wishes to come to me.*

2. WEDNESDAY: Scripture...Luke 12:6-7

Grace: *To know of the unique love that God has for me, and to be given the gift to see it in action this day.*

3. THURSDAY: Scripture...Jeremiah 29:11-14

Grace: *To receive the peace of knowing that God has a plan for my life.*

4. FRIDAY: Scripture...Isaiah 30:18-23

Grace: *To receive the illumination of heart to know that the Lord is pursuing me, and to see his presence in my life.*

5. SATURDAY: Scripture...John 7:37-38

Grace: *To receive from the heart of Jesus the graces that he desires me to have this day.*

6. SUNDAY: Scripture... Matthew 14:22-33

Grace: *To receive the grace of courage to meet Jesus and to trust in his love for me.*

Time For God—Week Three

*“When we don’t know how to pray,
the simplest thing to do is recollect ourselves,
keep silence, and enter into our own heart,
go down into ourselves and, by faith,
rejoin the presence of Jesus who dwells within us,
and stay peacefully with him.”*

-Jacques Philippe



“Lord I am nothing but a block of wood: set fire to it!”

- Saint Francis de Sales

The Body of Prayer: Meditation and Contemplation (From Timothy Gallagher's *Meditation and Contemplation: An Ignatian Guide to Praying with Scripture*)

“The greater part of our time in meditation and contemplation will generally be occupied in this: calling to mind the truths in the passage, pondering them, and embracing them (*meditation*); or seeing the persons, hearing the words, and observing the actions in the scene (*contemplation*).

At the heart of these methods lies a simple intuition: that we may enter the Word of God both *reflectively* and *imaginatively*. These methods are simply gateways, open doors into the richness of God's Word. In fact, Saint Ignatius of Loyola never attempts to specify what will happen once we have passed that door. Having entered reflectively or imaginatively, our hearts are utterly free to follow the drawings of grace.

Which method will we choose? In part, the choice will depend upon our personal inclinations and the promptings of grace in the moment...In part, it will depend upon the Scripture passage itself: texts that recount events (the passion, the catch of fish, Jesus' encounter with children) offer themselves more readily to contemplation than those that state truths without narrative (the God Shepherd knows his own, love is the heart of our vocation in the Church). At times, elements of both methods will mingle in a single time of prayer.

“We can picture ourselves standing in front of Jesus, and arouse in ourselves the liveliest sentiments of love for his Sacred Humanity; live in his presence, talk to him, ask him for the things we need, tell him about the things that are making us suffer, share our joys with him instead of letting them drive him from our thoughts; without looking for well-turned phrases in our prayers, but finding the words that express our desires and needs.”

-Saint Teresa of Avila

“Do you think it is nothing to an anguished soul to grasp this truth, to see that she does not need to go up to heaven to speak to her eternal Father and enjoy his company, and that she does not have to shout to make herself heard by him? However softly we speak, he is so close to us that he can hear us; nor do we need wings to go in search of him, but merely to seek solitude and contemplate him with ourselves, without being surprised to find such a good Guest there.”

-Saint John of the Cross

Questions for Reflection/Discussion

*Read pages 44-65 of Time for God

- Were there any prayer experiences, or meditations that I received this past week that helped me, or hindered me?
- Was it easy for me to take time to pray this past week? Why or why not?
- If I have been faithful to prayer, has it had an impact on how I move through the day?
- What do I want from a life of prayer? What is my own personal way of praying? Am I willing to try a new way of communicating with God?

Format for 15 - 30 minute prayer period.

- STOP! “I will consider how God, our Lord, looks upon me with love.”
- I ask God what I wish and desire in this prayer (*grace*—see reverse side).
- Slowly read and re-read Scripture passage.
 - **Acknowledge:** Where am I with my thoughts, feelings, and desires? What's transpiring within me? (You can't receive from God in Scripture unless you are present to yourself).
 - **Relate:** Where is Jesus? Will I let the Lord be with me in a real way where I am? Let the Lord minister to your need in the present moment.
 - **Receive:** Will I consciously choose to let the Lord communicate Himself to me? Allow the Lord to fill your emptiness, to bring healing to the wound.
 - **Respond:** What is the appropriate response in light of what the Lord has done for me, revealed in the depths of my heart. Make a practical resolution for your day ahead.
- I speak to God in my own words as my heart is moved and conclude with an *Our Father*.