

Praying with Scripture P-8



1. *Quiet and Awareness*

- Find a quiet place-Bible open to Scripture passage
- Relax and quiet yourself
- Become aware of the Lord present to you, looking upon you with love, desirous of speaking to you

2. *Petition*

- Call on the Holy Spirit - Pray a short prayer of praise and thanksgiving.
- Ask the Lord for the **specific grace** given to you each week. Examples:
 - *to have a deeper trust in the Father's care for me*
 - *to understand and respond to your Word with generosity*
 - *to have a deeper sense of His mercy for me*
 - *to allow Him to act freely in me*

3. *Read and Reflect on Scripture Passage*

Meditation

- Read slowly, silently, aloud or in a whisper, savoring the words
- Stay with words that especially catch your attention; pause, absorb them
- Keep repeating or re-reading those words, aware of feelings awakened

Contemplation

- Read the passage through once or twice to get general sense
- Put the passage aside and close your eyes
- Place yourself in the passage as a spectator or central character around Jesus
 - Allow the story to unfold before you (Hear Jesus speak, notice smells, sounds, feelings, get into conversations, listen)
 - Allow your imagination freedom
 - Pay attention to your feelings during prayer

4. *Conversation with the Lord*

- Talk about what just happened
- Ask God what it all means
- Listen to the Lord
- End conversation with the Our Father

5. *Review of Prayer: Journal (after the prayer is over)*

- Spend a few minutes recalling the prayer
- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer? What did my heart feel as I prayed?
- What did I sense the Lord saying to me?