

PRAYER COMPANIONS

SCRIPTURES, GUIDED REFLECTIONS AND JOURNALS
FOR THE SYNOD PRAYING WITH SCRIPTURE SERIES

SYNOD 2022



ARCHDIOCESE OF SAINT PAUL & MINNEAPOLIS

PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

SCRIPTURE VERSES

WEEK 1

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| 1. BARTIMAEUS ~ "What do you want me to do for you?" | Mark 10:46-52 |
| 2. JESUS' WORDS OF INVITATION ~ "Come to me, all you who labor ..." | Matthew 11:25-30 |
| 3. JEREMIAH'S WORD OF HOPE ~ "I know the plans I have for you." | Jeremiah 29:11-14 |
| 4. FEAR NOT ~ "You are precious in my eyes, / and honored, and I love you" | Isaiah 43:1-7 |
| 5. GOD AT THE ORIGIN OF MY BEING ~ "You knit me in my mothers' womb." | Psalms 139:1-18 |

WEEK 2

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| 6. POTTER AND CLAY ~ "Like the clay in the potter's hand, so are you in my hand." | Jeremiah 18:1-6 |
| 7. SAYING "YES" TO GOD ~ "God ... said to him, 'Abraham!' And he said, 'Here am I.'" | Genesis 22:1-19 |
| 8. A CRY OF UTTER SINCERITY ~ "Create in me a clean heart, O God." | Psalms 51:1-19 |
| 9. ZACCHAEUS ~ "Make haste and come down; for I must stay at your house today." | Luke 19:1-10 |
| 10. CONSECRATED IN THE SPIRIT ~ "He saw the Spirit ... descending like a dove, and alighting on him." | Matthew 3:13-17 |

WEEK 3

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| 11. THE FIRST OF THE SIGNS ~ "Do whatever he tells you." | John 2:1-11 |
| 12. THE SAMARITAN WOMAN ~ "If you knew the gift of God ..." | John 4:1-42 |
| 13. "PUT OUT INTO THE DEEP" ~ "At your word I will let down the nets." | Luke 5:1-11 |
| 14. THE COURAGE TO TELL JESUS EVERYTHING ~ "Daughter, your faith has made you well." | Mark 5:24-34 |
| 15. SPEND YOUR LIFE FOR THE GOSPEL ~ "When he saw the crowds, he had compassion for them ..." | Matthew 9:35-10:16 |

WEEK 4

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| 16. WALKING ON WATER ~ "Lord, if it is you, bid me to come to you on the water." | Matthew 14:22-33 |
| 17. A GLIMPSE OF GLORY ~ "His face shone like the sun." | Matthew 17:1-13 |
| 18. FROM DEATH TO NEW LIFE ~ "See how he loved him!" | John 11:1-44 |
| 19. "HE LOVED THEM TO THE END" ~ "Then he poured water into a basin and began to wash the disciples' feet." | John 13:1-17 |
| 20. THE GREATEST GIFT OF ALL ~ "This is my body which is given for you." | Luke 22:7-30 |

WEEK 5

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| 21. NOT MY WILL BUT YOUR WILL ~ "My Father, if it is possible, let this cup pass from me." | Matthew 26:36-46 |
| 22. JESUS GIVES HIS LIFE ~ "Father, into your hands I commend my spirit." | Luke 23:26-49 |
| 23. THE WOMAN IN TEARS ~ "Mary ... Rabboni!" | John 20:1; 11-18 |
| 24. A JOURNEY INTO HOPE ~ "Did not our hearts burn within us while he talked to us on the road?" | Luke 24:13-35 |
| 25. DO YOU LOVE ME? ~ "They knew it was the Lord." | John 21:1-19 |

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~ 1 ~

BARTIMAEUS ~ “What do you want me to do for you?”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Mark 10:46-52

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

I see the crowds, the road as it leaves the city, the blind beggar seated by the road ... I am there with him ... perhaps I take his place, and, now, I am seated there, like him, waiting ...

He seeks to come to Jesus out of his great need, and his hope that in Jesus he will find healing. But he is helpless to approach the Lord ... I sense my own need, my own hope, my own helplessness.

I watch as he pours out his need and his hope in the repeated cry: “Jesus, Son of David, have mercy on me!” His cry becomes my cry too of my heart: “Jesus ... have mercy on me!” I make this prayer to the Lord ...

Jesus hears this cry. He stops. He says to the crowd: “Call him.” I hear them say to me: “Take heart; rise, he is calling you.” I feel my heart begin to lift with new hope ...

I stand before Jesus. Our eyes meet ... I see his face, I hear his words, his question to my heart: “What do you want me to do for you?” Now Jesus and I are alone in the midst of the crowd. And I speak to him from my heart, unhurriedly. I dare to tell him all that I hope he will do for me ... all that I hope for from this time of prayer ...

I say to him: "Master, let me receive my sight." Help me to see! Help me see my way clearly in the doubts and fears that my heart feels; help me to overcome the obstacle that keeps me from the closeness I desire with you ...

And, with Bartimaeus, I experience Jesus' word of healing ... I sense the love that pours out from him and brings healing, brings new hope into my life ...

I follow him along the way ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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~ 2 ~

JESUS' WORDS OF INVITATION ~ "Come to me, all you who labor ..."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 11:25-30

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
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- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

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I sense the thrill of gratitude in the heart of Jesus as he lifts up his heart to the Father whom he so loves, and by whom he knows himself so deeply loved ... that same Father who says to me, as to Jesus: You are my beloved son, my beloved daughter ...

Jesus thanks his Father that he has revealed the mysteries of the kingdom not to the self-sufficient ... but to those who feel themselves helpless, dependent on God for everything, like a small infant I ask to be such ...

I ask Jesus, the Son who knows the Father, to reveal himself, to reveal the Father to me, in this time of prayer ... that he chooses to do this in my heart ...

Now he is close to me, speaking to my heart. I hear his invitation: "Come to me ... " I share with the Lord my own desire, now, in this time of prayer. Even as I sense my heartfelt longing to "come to him," to know that my heart is close to him ... I hear him say to me, with infinite love: I want you to come close, I invite you, I call you, "Come to me ..."

"You who labor and are heavily burdened ... I will give you rest." Lord, grant me the rest that my restless heart so seeks. I embrace this invitation. I come to the Lord bringing my burdens, my heart's laboring and weariness. I hear his promise of rest, heart's rest ...

"Take my yoke upon you and learn from me ... for I am gentle and lowly of heart." Two words. Lord, you are *gentle*, you are *lowly* of heart. I ponder each word ... There is no more room for fear ...

"Learn from me." I ask the Lord for this "learning" in these times of prayer ... This is the learning my heart most desires: personal learning, relational learning, learning of Jesus ..." And you will find rest for your souls. For my yoke is easy, and my burden is light." "You have made us for yourself, O Lord, and our heart are restless, until they rest in you" (St. Augustine). I seek the Lord, I seek his rest ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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- What are the feelings arising in my heart? I feel ...
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Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
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~ 3 ~

JEREMIAH'S WORD OF HOPE ~ "I know the plans I have for you."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Jeremiah 29:11-14

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
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I read the word of God, through the prophet Jeremiah, to his people in their time of exile.

Their hearts are heavy ... Their nation, their temple, all that was dear to them, has been destroyed, and they are reduced to a helpless group of exiles, far from their home. The present is dark; the future, too, seems without hope, and their exile continues ... My heart, too, knows such times ...

And in their hearts, in our hearts, is fear - fear that this has happened through our own fault, through our failure to love and serve the Lord as we were called to do ...

My heart too is afraid ... I too fear that I am not what I ought to be, that I fail the Lord ... Even in this time of prayer ... will I respond to the Lord?

The Lord speaks to them ... and the Lord speaks personally to my heart, here, in this moment of prayer.

"I know the plans I have for you ... plans for welfare and not for evil, to give you a future and a hope." I feel my anxieties about the future, about what lies ahead for me, about what will happen in my spiritual life, my prayer ...

I know that my desire to grow in love is real, but I feel so weak, so helpless ... and I am afraid. But now I hear this word of the Lord to me: "I know the plans I have for you ..." I hear these words, deeply, I read them, I reread them ...

"You will call upon me and come and pray to me, and I will hear you." My heart lifts at this promise: "and I will hear you." Lord, now, today, I call upon you, I come to you, I pray to you ...

"You will seek me and find me." I speak to the Lord of my greatest desire: I seek you ... My heart opens as I hear your promise to me: and you will find me ...

"I will restore your fortunes ..." A new hope ... that my heart can truly change, can truly heal, can truly grow in love: "I will restore ..."

My heart lifts up as I hear the Lord speak these words personally to me ... offering me new hope, new trust, as I live my calling in his service, as I look to what lies ahead ...

I linger over these words, I read them, I hear the Lord speak to me. My heart responds.

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

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~ 4 ~

FEAR NOT ~ "You are precious in my eyes, / and honored, and I love you"

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Isaiah 43:1-7

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Guided Reflection

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God speaks to the heart of the exiled people ... and to me.

I sense the Lord with me, speaking these words to me. I read them slowly, tasting them, allowing their meaning to enter into my soul ... I stay with the words that most speak to me, without hurry ...

"Thus says the Lord, he who created you ... he who formed you ..." With the people of Israel, I again become aware of God at the origin of my being, of my belonging to his people. I sense the mystery of an eternal love that surrounds my whole being, my beginning, my life ...

"Fear not": the word so often repeated by Jesus. I speak to the Lord of the fears in my heart: of my inadequacy, my failure, my slowness to respond ... Again and again I hear his word: "Fear not."

"For I have redeemed you." I am your protector, I am at your side, I am with you; you are not alone. My power and my love accompany you ... I hear the Lord speak his words to me ...

"I have called you by name, you are mine." I think now of my own name. I hear the Lord pronounce my name, giving me my identity, giving me life, making me his own, telling me that I am not alone ... In the silent depth of my heart, I hear the Lord pronounce my name ... again, again ... I respond ...

"When you pass through the waters I will be with you; / and through the rivers, they shall not overwhelm you; / when you walk through fire, you shall not be burned": the symbol of the most dangerous situations, situations which threaten life itself ... and these will be powerless to harm me. I will keep you unharmed even in the most difficult situations in life ... A new trust dawns in my heart ...

"Because you are precious in my eyes, / and honored, and I love you." Three words. With deep attention I ponder each: you are *precious* in my eyes; you are *honored* in my eyes; I *love* you. I dare to hear the Lord say these words to his people Israel ... and to me ...

Now my heart replies to the Lord who speaks his love to me ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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~ 5 ~

GOD AT THE ORIGIN OF MY BEING ~ "You knit me in my mother's womb."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Psalm 139:1-18

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

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Guided Reflection

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This psalm is a prayer, words spoken from the human heart to God. I make these words my own. I say them to the God who is present to me now ...

A psalm of wonder, of marveling *at the closeness of God to me*: "You have searched me and known me!" My heart ponders this marvel, that the infinite and eternal God *knows me*, that I am important to him ...

"You know when I sit and stand; / you understand my thoughts ... Even before a word is on my tongue, / Lord, you know it all." Again this sense of marvel, that God is so intimately close to me, always, faithfully, sharing with me the hidden depths of my heart, my hopes, my struggles, my thoughts ... I invite him into my heart ...

"Behind and before you encircle me / and rest your hand upon me ..." His loving and protecting hand is always with me ... No matter where I am, "your hand will guide me, / your right hand holds me fast." You are faithfully with me, at all times, in all the places of my life ...

A psalm of wonder, of marveling now at God's eternal love, *calling me into being*: "You knit me in my mother's womb." I sense the Love that lies at the origin of my being, that gave me life, that gives me life each day, that tells me that I am valued and loved ...

My heart speaks now to the Lord: "I praise you ... / wonderful are your works." Gratitude awakens in my heart. My heart sings its wonder, its praise, to my God ...

"How precious to me are your designs, O God." Here, in my prayer, I ponder the loving designs of God. They become precious to me anew; they give me hope, a sense of the meaning of my life.

I read, I reread, the words of this Psalm, allowing God to show me their meaning ...

And now my heart replies to the Lord ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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- What are the feelings arising in my heart? I feel ...
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~ 6 ~

POTTER AND CLAY ~ "Like the clay in the potter's hand, so are you in my hand."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Jeremiah 18:1-6

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I have heard the Lord speak to me of his faithful love for me, calling me into being, giving a purpose to my life. Now a hope, a desire arises in my heart to respond with complete availability to God's call – like many before me, like Mary: "Behold, I am the handmaid ..."

I hear the Lord call me, as he does Jeremiah, to go down to the potter's house. I go, I see the potter seated at his work place, with his potter's wheel, with the clay he takes in his hand.

I watch him mold the clay, unmake the vessel and reshape it anew, as seems best to him. I note the total availability of the clay in his hands, ready to be shaped as he chooses.

"Behold, like the clay in the potter's hand, so are you in my hand ..."

I spend unhurried time with the potter, I watch him work, shaping, reshaping ... I let this image speak to me of God at work in my life, over the years, now, shaping, reshaping ...

I ask the grace to be available to this divine action, to place no obstacles, to be ready to be shaped as the Lord chooses, the Lord who loves me: in situations of health, of work, in relationships, in the changes and unforeseen events of my life ...

I enter deeply into the heart of Jesus, who, upon entering the world, says to the Father whom he loves: "Sacrifices and offerings you have not desired, / but a body you have prepared for me ... Then I said, 'Behold, I have come to do your will, O God ...'" (Heb 10:5-7).

"Behold, I have come to do your will, O God": these are the words that guide Jesus' entire life and mission. I offer my own will now to the Lord. I ask the grace to be more open, more like clay in the hands of the divine potter ... I too now say with Jesus: "I have come to do your will ..."

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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-

Rest in the Lord: Be still and know that I am God

Psalm 46:10

¹Gallagher, T., 2008. *An Ignatian Introduction to Prayer: Scriptural Reflections According to The Spiritual Exercises*. New York: The Crossroad Publishing Company. ²This way to converse with God in prayer often called ARRR is taught by The Institute for Priestly Formation out of Omaha Nebraska. For more information see Father Traynor, Scott (2013) *The Parish as a School of Prayer* and Dwyer, Karen and Lawrence (2011) *WRAP Yourself in Scripture* (IPF Publications).

PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 7 ~

SAYING "YES" TO GOD ~ "God ... said to him, 'Abraham!' And he said, 'Here am I.'"

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Genesis 22:1-19

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

"After these things God tested Abraham" – a test that will lead to an outpouring of blessings ...

I live with Abraham this moment when God asks of him what is dearest to his heart, and Abraham is ready to say "yes" to God, even in this ...

How ready am I to say "yes" to all that the Lord may be asking of me now? To his call to relinquish something, to take some new step, that will lead me closer to him, that will help me respond more fully to his love for me, to his plan for me?

I marvel at the faith and availability to God that Abraham shows here. With a trusting heart, I ask God for that same faith, that same availability ...

I am with Abraham when God calls him: "Abraham!" "Here am I." My heart too says, "Here am I," open to your call ...

I sense all that stirs in Abraham's heart when God asks a sacrifice that touches the deep places in his heart: "your only son Isaac, whom you love."

And Abraham simply obeys ... trusting in the faithful love of the God who asks this of him ...

I watch the journey to the mount; I hear the question of his son, Isaac: "Behold, the fire and the wood; but where is the lamb ...?" And Abraham's reply: "God will provide himself the lamb ..."

On the mount, God again calls: "Abraham!" "Here am I." "Do not lay your hand on the lad ..."

And God blesses the great availability of Abraham: "Because you have done this, and have not withheld your son ... I will indeed bless you and ... multiply your descendants as the stars of heaven ..."

I ask God for the faith of Abraham, to remove all that keeps me from a new and deeper "yes" to his call to grow spiritually, to deepen in holiness, in union with him ...

I ask his grace to see clearly the obstacles that hold me back, the places in my life where it is hard for me to offer, like Abraham, what I so deeply love, where I struggle to say "yes ..."

And I ask his love, his grace, to say, in a new way, with new openness, my "yes" of availability ... in all ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
-
-

Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 8 ~

A CRY OF UTTER SINCERITY ~ "Create in me a clean heart, O God."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Psalm 51:1-19

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

Now I turn to the Lord with a heartfelt plea. Like David (see the title to Psalm 51), I live this moment when my spiritual eyes suddenly see with clarity. Like David, I make no more excuses, I no longer try not to see ...

And from the most sincere depth of my heart, like him, I turn to the Lord seeking healing, daring to hope for a new and purified heart, to be set free from my obstacles to love ... to be given a new experience of the joy of healing.

I take up the words of this prayer, Psalm 51. I say them slowly to the Lord, pausing where my heart feels the need, repeating these words with sincerity, with hope, with trust in the love of the One with whom I speak ...

"Have mercy on me, O God, / according to your merciful love." "Have mercy on me" ... the mercy that heals, that restores to value ... that expresses unshakeable love ...

My heart feels this steadfast, this faithful love for me as I pray ...

"Wash me thoroughly ..." I dare, like David to ask even this ...

"For I know my transgressions ..." I ask the Lord to give me this self-knowledge, the first precious step toward healing ...

"Behold, you desire truth in the inward being ..." This is the truth I seek: truth in the heart, this truth that you desire, that you love ...

"Wash me, and I shall be whiter than snow." "Make me hear joy and gladness ..." I ask this blessed washing, I desire this joy and gladness ...

"Create in me a clean heart, O God." I feel the beauty of this "clean heart ..." I long for this heart ... With simple trust, I ask of the Lord this gift ...

"O Lord, open my lips, / and my mouth shall show forth your praise ..." A song of praise for new freedom from my obstacles to love ...

"The sacrifice acceptable to God is a broken spirit; / a broken and contrite heart, O God, you will not despise." I turn to the Lord, who comes not for the righteous but for sinners (Mk 2:17) ... I feel the enfolding embrace of his cleansing love ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
-
-

- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
-
-

Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 9 ~

ZACCHAEUS ~ "Make haste and come down; for I must stay at your house today."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Luke 19:1-10

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I see the crowd, filling the narrow streets of Jericho. I see Jesus in the midst of them, passing through, on his way ...

And I become aware of this figure, Zacchaeus, hoping for so little, simply to see the Lord ... and unable to do so because of his small stature. He senses all that is wrong with his life, how he is rejected by his own people ... and in his own eyes.

I see him move ahead of the crowd, climb the tree ... and wait. I am near him, perhaps I take his place ... I, too, long to see the Lord: "My heart says to you, 'Your face, Lord, do I seek.' / Hide not your face from me" (Ps 27:8-9). I wait ...

And then, like Zacchaeus, I find that it is the Lord who sees me. He stops. He sets aside his journey, he seems almost to forget it entirely in his desire to see Zacchaeus, to see me ...

He looks at me ... "Zacchaeus, make haste and come down ... I must stay at your house today."

I sense the wonder and the joy in Zacchaeus as he realizes the desire of the Lord to be with him. He makes haste to respond ... My own heart begins to grasp the desire of the Lord to be with me. I too respond ...

Now they – we – are together in the house. What takes place between them? A meal? A conversation? I see Jesus and Zacchaeus together. I am there, with them.

What does Jesus say to him? To me? What does Zacchaeus say to Jesus? What do I share with Jesus about my life, my hopes, my fears, my desire to change?

Zacchaeus is made new ... his whole life is filled with a new freshness and a new hope. With courage, the courage of Lord's presence, the Lord's love, the Lord's words to him, he will make the changes ... A new sense of hope fills my heart too ...

"Today salvation has come to this house ..." *Today* ... I hear Jesus' words, I sense the gift offered to me, even today as I pray. My heart responds ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 10 ~

CONSECRATED IN THE SPIRIT ~ "He saw the Spirit ... descending like a dove, and alighting on him."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 3:13-17

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I live with Jesus the moment when he leaves all that has been familiar to him for thirty years ... and, alone, supported only by his trust in the Father's will, sets out to fulfill the mission the Father has given him. I remember my own leaving, my own "setting out" – the setting out to which God continues to call me daily ...

"Then Jesus came from Galilee to the Jordan ..." I am there in Nazareth with Jesus. I watch as he senses that the time has come to depart – a man like us in all things but sin (Hb 4:15). I ponder what this parting means for him, for his mother ...

I journey with him to the Jordan. I speak with him, ask him what he experiences as he sets out alone, unaccompanied, unknown, faithful to his Father ...

The river, the crowds, the Baptist, the hopes in the people's hearts ... and Jesus humbly submitting to the rite of John's baptism ... Water itself is changed and given new power ... I ponder the mystery of my own baptism, when it took place, how it came to be, what it means in my life ...

And, slowly, reverently, I witness this powerful moment when the Trinity is revealed ...

I see the Spirit descend upon Jesus, anointing him within, consecrating him as the Christ for his mission of redemption. The Spirit - Advocate, Gift of God, Fire, Spiritual Anointing, Love – pours into the heart of Christ ... and into mine ...

The Father speaks: "This is my beloved Son ..." With affectionate awe, I enter the mystery of the infinite love of the Father for the Son, and of the Son for the Father. I discover here the root of Jesus' joy ... I hear the Father say to me, made his in baptism: *You are my beloved son, my beloved daughter* ...

My heart seeks to grasp, to accept, the mystery of such a love given me ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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~ 11 ~

THE FIRST OF THE SIGNS ~ "Do whatever he tells you."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 2:1-11

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I am present at the wedding. I see the Mother of Jesus, I see Jesus himself, and the first disciples, the spouses, the crowd, the celebration ... I live this whole event, present, watching, listening, contemplating ...

This moment is filled with meaning: God, in Jesus, the Word made Flesh, the divine Bridegroom, has come to dwell with, to be wedded to his people ...

"They have no wine." Gradually the wine begins to fail ... and Mary sees the unexpressed need. She seems the first to notice. She shows her profound sensitivity to the human situations and unspoken needs around her, even to the small needs of others ... alert, attentive ...

Am I like her? Do I see the unexpressed needs of the others with whom I live – needs for help, for companionship, a need to share?

Mary does not simply notice. She becomes active in this situation of need. She becomes *involved*. She brings the need to Jesus, she is engaged to the end, till the need is met.

Do I notice and remain apart? Do I, perhaps too easily, simply assume that I cannot contribute, cannot help?

“O woman, what have you to do with me?” An enigmatic answer, not easy to understand ... Yet Mary shows *courage*, she is sure of Jesus. She does not give up, does not say that she has tried in vain ... She persists. She knows her Son ...

At times I try to help, to improve things ... and my efforts seem to meet no response. Do I give up? Do I say that I’ve tried, but there is no use? Now I ask Mary to speak to me of her courageous and continuing involvement ...

I watch Jesus work his first sign, his first miracle ... I watch the servants as they fill the jars, the steward of the feast as he tastes the water made wine ...

I watch the reaction of the disciples: they see his glory, and faith is born in them ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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-

Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 12 ~

THE SAMARITAN WOMAN ~ "If you knew the gift of God ..."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 4:1-42

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I am there by the well ... I see the dry countryside surrounding the well, the earthen road ... I feel the heat of the midday hours ...

I see Jesus seated by the well, alone, his weariness revealed in his face as he rests ... I become aware that he is waiting for me, that he has a "gift of God" that he longs to give me today ...

I see the woman approach. I see – perhaps I share – her weariness, her burden of repeated failure: five husbands, over and over the same pattern of failure. I feel her sense of helplessness, of burden, of inability to change ... With my own sense of helplessness, of inability to grow as I so desire, I stand there, with her, in her place, before Jesus ...

He speaks: "Give me a drink." She does not flee from the conversation that opens so simply ... and her life begins to change.

"If you knew the gift of God ..." I ask Jesus to help me know the gift that he is offering me even now, as I pray. I ask for eyes that are spiritually open to see *this gift* ... and to embrace it in my life.

I watch, I am in her place, as Jesus, gently, and with great respect for the burdens of her heart, unfolds for her the meaning of her own life, and leads her to grasp the gift he wishes to give her: "living water," a new freshness in the power of the Spirit.

Desire for this newness wells up in her, in me: "Give me this water, that I may not thirst ..."

Now she becomes a witness to Jesus: "Come, see a man who told me all that I ever did." She has found a Heart before which she need keep *nothing* hidden, before which openness does not wound, but heals ...

"Many ... from that city believed in him because of the woman's testimony." I ask the Lord that his healing touch in my life make of me too a witness, a channel of his light for others ...

I read this passage slowly, I live this passage ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 13 ~

“PUT OUT INTO THE DEEP” ~ “At your word I will let down the nets.”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Luke 5:1-11

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

I am there by the lakeside, in the morning hour. I see Jesus standing by the water, the crowds, the boats drawn up on the shore. The crowds press upon him to hear his teaching. I mingle with them, I listen as Jesus teaches ...

“Getting into one of the boats, which was Simon’s, he asked him to put out a little from the land.” I draw near ... and now I am present in the boat as Jesus and Peter speak ...

I am with Peter, perhaps I feel moved to take Peter’s place ... and I hear the Lord say to me, as to Peter: “Put out into the deep.” Put out into the deep! Do not simply continue as you have until now, but *put out into the deep* in your daily spiritual life, in living your calling ...

The first request was not difficult: “he asked him put out a little from the land.” The second is more demanding: “Put out into the deep ...” I ask the Lord to show me where he is calling me to put out anew ... to go deeper in my calling ...

Peter expresses my own sense of helplessness: "We toiled all night and took nothing!" Months, even years of toil, and the same struggles continue ...

But now the moment of grace arrives, the moment of faith, the moment of trusting the Lord's word with courage: "but at your word I will let down the nets." I ask the Lord to give me new courage, fresh trust in his word ... so that I may take that new step ...

I see the astounding fruitfulness of this simple act of trust in the Lord's word, in the Lord's invitation to "put out" into the "deep": the useless toil is transformed into an overflowing abundance ... the nets are filled to breaking, the boats to their utmost capacity ...

My life too can change ...

Peter, sensing the closeness of God to him in Jesus, senses also his own sinfulness: "Depart ..." I cannot be this close to the Divine ...

Jesus' answer is immediate: "Do not be afraid." Do not be afraid ... I hear him say these words, again and again, to my heart, to my fear ...

And he gives to Peter, gives to me, a sharing in his own mission of salvation: "From now on you will be catching men."

They leave all, and follow him ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 14 ~

THE COURAGE TO TELL JESUS EVERYTHING ~ "Daughter, your faith has made you well."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Mark 5:24-34

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I meet this woman. She and I have so much to share: a burden, a need for healing of body, of heart. We have sought healing year after year, made effort upon effort ... without effect. The burden remains, it seems even to worsen ...

I live with her these endless years of searching for wholeness, for healing ... I feel her growing sense of helplessness, her gradual loss of hope ... Yet, some small hope remains ... and comes alive when she hears of Jesus, and dares to hope that, through him, she may at last find healing.

I watch her, perhaps I take her place, I accompany her, as she comes to the roadside where Jesus is passing. I see the crowds that surround him and hem him in ... the movement, the bustle. Now is the chance ...

She does not miss the opportunity. She comes close in the crowd. She hopes only for a brief touch of his garments from behind in the crowd. She does touch his garments ... and senses that she is healed!

But Jesus wants to give her more. He will not let his "daughter" remain simply an impersonal touch in a crowd. He stops, he asks, "Who touched my garments?"

The disciples cannot understand his question, but he knows, and she knows. ... Now this courageous woman responds. She falls on her knees before him, and "in fear and trembling," tells him "the whole truth."

I marvel at her courage, her trust, her ability to do what I have so often wished to do: to tell Jesus *the whole truth* of what stirs in my heart. Have I anything hidden in my heart that now the Lord wishes me to say to him? I pray for the courage, the trust, the openness that I see in this woman ...

Now I hear Jesus call her "daughter," confirming the deep and rich relationship between them ... In the silence of my heart, I hear him say this word to me ...

"Your faith has made you well; go in peace ..." She goes now, her heart in blessed peace ... I walk with her ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 15 ~

SPEND YOUR LIFE FOR THE GOSPEL ~ "When he saw the crowds, he had compassion for them ..."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 9:35-10:16

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I am with Jesus and his disciples as he travels the earthen roads and the villages of Galilee ... I see the crowds flocking to him. I am there as he reaches out to them, teaches them, and heals great numbers of them ... I live with him the days of his apostolic mission of mercy ...

I look upon his face as he raises his eyes to the crowds, as he senses the burden, the hurt, the confusion, the loneliness of this people. They are "like sheep without a shepherd": no one sees their need, no one heals, no one seems even to notice ... This is my world today as well ...

I see the deep compassion which stirs in his heart, which moves him to spend his life for them ... I ask him for the gift of that same compassion in my heart ...

"Pray therefore the Lord of the harvest to send out laborers into his harvest." *Pray therefore* ... I hear him say these words to me, asking me to dedicate my life, my prayer, for the many today who are "like sheep with a shepherd ..."

I watch him call each one of the twelve, by name, to be part of his saving mission ... I hear him call my name now ... How do I respond?

"He gave them authority over unclean spirits ... and to heal every disease ..." I sense the power in him over evil and over all human hurt. I ask him now to share that power with me, that my life too may serve to overcome evil, that I too may be a presence of healing ... that I may be his *apostle* in this world ...

I look upon each one of these twelve: Peter, Andrew, James, John, Philip ... I learn about Jesus, and about whom he chooses ... I thank him that he has chosen me ... I ask him to renew in me the desire to bring him to this world ...

I see him send them out on mission ... Two by two, they go out, uncertain, fearful, filled with desire, with trust in his power ... I go out with them ... to spend my life for the Gospel in the calling God has given me.

Now I listen to his words: Go ... preach ... heal ... live simply ... I ask him to explain these words to me ... to show me, in the light of his call to proclaim him to others, how I am living today, this year, now ... I ask him to help me live these words ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
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 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 16 ~

WALKING ON WATER ~ "Lord, if it is you, bid me to come to you on the water."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 14:22-33

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I am there, on the other side of the lake. The five thousand have been fed. Now evening has fallen. I hear Jesus send the disciples across the lake in the boat. I see them go ... With great goodness, Jesus also sends the five thousand home.

He is alone under the night sky. I watch, I accompany him reverently, as he goes up into the hills. And there, I see him pray ... I sense his deep joy in the Father's love, the thrill of mutual love between Father and Son which draws him into prayer, as the quiet hours of the night pass ... I watch in silence ... and my own heart speaks to the Lord ...

The disciples struggle in the boat. The wind and the waves beat against them. I, too, know that struggle against obstacles which make my own progress so difficult ... I am there, I see their tired faces, hear their disheartened words. My heart too has spoken such words ...

Jesus does not leave them, does not leave me, alone. He comes to them, walking on the water. And they do not recognize him. "They were terrified ... And they cried out for fear."

He speaks to them, to me: "Take heart, it is I; have no fear." I hear him say these words to me ... I listen to these words again and again ... I respond ...

I see the courage in Peter: "Lord, if it is you, bid me to come to you on the water." I ask this same courage of the Lord, to come to him when I sense his call ... to not hold back ...

"Come." I hear the Lord say this word to me ... I see Peter leave the boat, and begin to walk on water, his gaze fixed on Jesus ... And I watch as Peter becomes aware of the wind, of the human insecurity of his position. I sense his courage fail, his fear rise ...

He begins to sink ... and cries out, "Lord, save me." I, too, have cried out in fear ...

Immediately Jesus responds. Two hands clasp: the hand, outstretched in fear, of Peter as he sinks, and the divine hand which holds him up, and saves him, saves me ...

"O man of little faith, why did you doubt?" Why do I doubt? I ask Jesus for a simple faith, a great faith ...

Jesus and Peter join the others in the boat. The wind ceases. Peace returns. Their hearts lift in adoration. With them, I too say: "Truly you are the Son of God." My heart speaks to him ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 17 ~

A GLIMPSE OF GLORY ~ "His face shown like the sun."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 17:1-13

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
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Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

"After six days ..." Jesus has just told his disciples, for the first time, of the suffering to come (Mt 16:21-28). Now he will strengthen them ... and me ... to live the time of the cross ...

I walk with Jesus and the three disciples. We climb the mount, rising, leaving all else behind ... Now there is only Jesus ...

With heartfelt affection and awe, we watch as he is transfigured ... his face, his garments ... The glory of his divinity is revealed, the radiance and beauty of his person ... I feel the fascination of the Divine, my heart is drawn to the one I love ... "Lord, it is good that we are here ..." I say these words, slowly, again and again, to the Lord ... These words reveal to me the deepest meaning of my life ...

Moses and Elijah speak with him ... The cloud of the majesty of God overshadows us ... We sense that we are close to the Divine ... And in this moment of revelation, I hear the voice of the Father, speaking of the greatest of all loves, the fountain of all love: "This is my beloved Son ..."

"Listen to him ..." I ask the Lord to teach me how to listen to him, to give me a great desire to listen to him ...

"*Rise*, and do not be afraid ..." I hear Jesus speak these words to me today: Rise! Lift up your heart, let spiritual newness enter your life, seek the things that are above ...

"Do not be afraid ..." Bring to me all your fears ... Hesitate no longer ... Be filled with new courage ...

"They saw no one else but Jesus alone ..." I ask that this become reality in my life too: in all the events of my life, in all the people of my life, in my prayer ... to see Jesus, to respond to him in all ...

They come down the mountain with him ... but now all is changed ... I ask the Lord to help me live as one who daily comes down from the mountain, from frequently renewed times of close union with him ...

And now my heart speaks freely to the Lord ... I share my desires ... all that is in my heart.

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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- What are the feelings arising in my heart? I feel ...
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-

- What are the desires arising in my heart? I desire ...
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-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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-

Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 18 ~

FROM DEATH TO NEW LIFE ~ "See how he loved him!"

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 11:1-44

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

A brother and two sisters ... and a love: "Now Jesus loved Martha and her sister and Lazarus."

An illness ... and a love: "Lord, he whom you love is ill."

I am there as the message of these sisters whom Jesus loves reaches him and his disciples ... And for two days he stays there ... "This illness is not unto death; it is for the glory of God." My heart begins to speak with the Lord of my own weaknesses, my own fragilities: this illness is not unto death, but for the glory of God. I ask him for new understanding ...

"Are there not twelve hours in the day? If anyone walks in the day he does not stumble, because he sees the light of this world ..." I sense the Lord's call to "walk in the day" he has given me, this day, this year, this stage in my life.

The disciples fail to understand ... Jesus speaks to them plainly: "For your sake I am glad that I was not there, so that you may believe."

Jesus and Martha. "Lord, if you had been here ..." My heart too knows this prayer: "Lord, if you had been here ..."

She continues: "And even now I know that whatever you ask of God, God will give you ..." Her faith strengthens mine. Yes, Lord, even now *I know* that your power can work in me, can change me ...

"I am the resurrection ... Do you believe this?" I hear Martha's answer of faith ... I give my own answer to Jesus ...

Jesus and Mary. She hears that Jesus is present and calling her ... She rises quickly, she goes to him. I go with her. I too rise quickly to meet the Lord who calls me today ...

With great reverence, I am present as these two hearts reveal themselves: "Lord, if you had been here ..." Her tears fall ... "He was deeply moved in spirit ... Jesus wept." I gaze at length upon Mary, upon Jesus, in this moment. I ask Jesus to show me what his heart experiences ...

"Take away the stone." The Lord who sets captives free ... who sets me free. I ask him to free me from obstacles to new spiritual life ...

"Lazarus, come out." "Unbind him, and let him go." With the two sisters, I marvel at the transformation of death into life, at the word of Jesus. I ask him to transform me ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 19 ~

“HE LOVED THEM TO THE END” ~ “Then he poured water into a basin and began to wash the disciples’ feet.”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 13:1-17

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

Jesus’ hour has come ... It is the Passover. I see him at supper with the twelve: the upper room, the food for the meal, the wine ...

My gaze centers now on Jesus, in this moment of his self-giving ... “Having loved his own who were in the world, he loved them to the end.” “His own.” I thank him that he has called me to be “his own.” And I ponder this love, given to *the end*: to the utmost degree, to the last moment of his life ... given for “his own,” for me ...

Now, as I watch, Jesus expresses the whole meaning of his life of service, a life lived in “the form of a slave” (Phil 2:7), with a symbolic gesture, filled with meaning ...

I see him rise from the table, gird himself with a towel, take a basin with water, kneel at the feet of one disciple, then another, then another ... and wash their feet ... Can I allow him to wash my feet ...?

I see Peter resist -- he struggles to allow the Lord to kneel before him, to serve him so humbly, to love him in this way ... I, too, know this struggle ...

"Lord, do you wash my feet?" "What I am doing you do not know now, but afterward you will understand." How often I, too, do not "know now" what the Lord is doing in my life ... but later I understand ...

"You shall never wash my feet." "If I do not wash you, you have no part in me." "Lord, not my feet only but also my hands and my head." Peter allows the Lord to love and serve him ... I open my own heart to that love ... and no longer resist ...

Now I see Jesus take his place again at table ... I hear him ask me: "Do you know what I have done to you?" Do I know? I answer him ...

"If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example ..."

I ask the Lord to understand, deep in my heart, his example of service, his love for his own to the end. I share the gratitude for that love which rises in my heart ... I speak to him now, at length, with profound attention, unhurriedly, from my heart ...

I ask his grace to love those he has given me to be "my own" with the same love of service ... to the end ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 20 ~

THE GREATEST GIFT OF ALL ~ "This is my body which is given for you."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Luke 22:7-30

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

Jesus says to Peter and John: "Go and prepare the Passover for us ..." All is foreseen, all is carefully prepared for the Eucharist ... Nothing happens by chance ... I watch Peter and John as they go into the city, as they make the preparations for the meal ... I prepare with them for what is about to happen.

Now it is the hour of Jesus ... I am there as evening falls. I see the Upper Room, I see the table, the dishes, the wine, the lamb ... I gather with the disciples. Our hearts sense that some great mystery is about to take place ...

"I have earnestly desired to eat this Passover with you ..." These words open for me the depths of Jesus' heart. I linger here in my prayer, I sense the great desire in Jesus to give the gift of his Eucharistic Body and Blood to his disciples, to me ... I speak to him of my desire ...

I am there, I watch each detail, each gesture, with profound reverence. I see Jesus take the bread ... break it ... give it to his disciples, to me ... I hear the words: "This is my body ..." I realize what this gift has meant, does mean, in my life ... I speak to the Lord ...

He takes the cup: "This cup ... is the new covenant in my blood ..." I sense the magnitude of the gift that is given: the gift of *his Body and Blood*, his whole being, to the Church, to me ... My heart speaks to him ...

Humanity struggles to grasp and accept the gift ... One will betray him. A dispute arises regarding who is the greatest among them ... And Love is with them, as one who gives himself to them: "For which is the greater, one who sits at table, or one who serves? But I am among you as one who serves."

I become quiet, my soul is stilled. My heart turns toward the Lord, aware of the gift of his Presence, his Body, his Blood, simply gazing, simply receiving, silently giving my own heart. Now, heart speaks to heart, wordlessly, deeply ...

"O, you are my God, for you my soul is thirsting ..."

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 21 ~

NOT MY WILL BUT YOUR WILL ~ “My Father, if it is possible, let this cup pass from me.”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Matthew 26:36-46

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

I accompany Jesus as now he enters his time of sorrow, of burden, the time of the cross ... I ask him to show me, through his cross, the meaning of my own sorrows and burdens ...

I join Jesus and the Eleven as they walk alongside the city walls toward the Garden of Gethsemane ... It is night ... I hear the quiet sounds of the night, I feel the heaviness in the hearts of the disciples. My heart too knows times of heaviness and foreboding ...

“My soul is sorrowful even to death ...” With great reverence, I ponder the sorrow of Jesus, a deep sorrow that nearly overwhelms his life itself ... What stirs in his heart? In my heart? I speak to him of my own sorrow ...

Now I see Jesus go a little farther into the Garden ... and he is *alone*. The three near him sleep. Humanly, he is utterly alone, in his time of need. My heart too knows what it means to feel alone ... I speak to him ...

His energy fails him ... He falls on his face upon the earth, and a cry rises with anguish from his heart, to the Father: "If it is possible, let this cup pass from me ..." There is in Jesus a deep, deep desire to be freed of the burden he carries, the burden that lies ahead: "If it be possible, let this cup pass from me..." How often I too have prayed that prayer: *let this cup pass* ... the cup of physical weakness and pain, of responsibility, of struggles in relationships ... I am there with Jesus, prostrate on the earth ...

"Yet, not as I will, but as you will." Two wills: "as I will," "as you will." And, though it costs his humanity so much, Jesus bows his will to that of the Father ... I pray with him, I ask the courage to accept, like Jesus, the Father's will in my life ...

He comes, seeking the companionship and support of those close to him ... and they sleep ... But now I do not sleep ... I speak to him ...

I watch as, a second time, Jesus repeats his acceptance of the Father's will: "My Father, if this cannot pass unless I drink it, your will be done." And again, a third time ... and still he is alone ...

"Get up, let us go. Look, my betrayer is at hand." His prayer has strengthened him, he is ready to face the cross ... I pray for that same strength ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
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Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 22 ~

JESUS GIVES HIS LIFE ~ “Father, into your hands I commend my spirit.”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Luke 23:26-49

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
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Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

The cross ... in Jesus’ life ... and in mine. Now I will accompany Jesus in his supreme moment of self-giving. I ask him for the courage to carry my own cross, to be faithful “to the end,” like him.

I join the crowd, pushing through the narrow streets. I see the bustle, the agitation; I hear the clamor, the cries, as we climb toward Golgotha. I see Jesus, scourged, crowned with thorns, condemned, rejected, mocked ... carrying the cross, step by step, along the way ...

I gaze at him, slowly, with great attentiveness of heart ... The image of Jesus carrying his cross penetrates my soul ... “If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me” (Lk 9:23). His way of the cross is mine as well ...

Simon assists him ... What does this moment mean for Jesus? For Simon? The women weep for him. *Even now*, Jesus is not absorbed by his own pain, but continues to be alive to the need of others: “Do not weep for me; weep instead for yourselves ...”

He is *crucified*. ... I watch the painful stripping; I see the nailing of his hands and feet, the raising of the cross, I hear his tormented breathing ... I think of the times when I have felt – or now feel – crucified in some way, stripped of what is dear to me, nailed helplessly in situations of pain ... when each day brings its burden, its pain ... And I know that I am not alone ...

“They will look upon him whom they have pierced” (Jn 19:37). I do this now. I look upon the crucified Lord ... and he looks at me. We speak ...

“Father, forgive them ...” His first thought, his first word on the cross. I linger here, I ponder the forgiveness in the heart of Jesus. I ask for this forgiveness, I ask that forgiveness be my first thought as well ...

He is mocked ... but one heart turns to him in faith: “Jesus, remember me ...” I unite my voice, too, with this prayer ... “Today you will be with me ...”

Darkness falls, the curtain in the Temple is torn, Jesus cries out with a loud voice: “Father, into your hands I commend my spirit.” He gives up his life ... faithful to the end. He has given all, now, for me. I thank him ... I speak with him of the many “deaths” in my life, the losses, the letting go ...

Now, in silence and stillness of heart, I contemplate the one who loved me so much that he gave his life for me ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
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Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

~ 23 ~

THE WOMAN IN TEARS ~ "Mary ... Rabboni!"

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 20:1, 11-18

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I watch Mary Magdalene come to the tomb in the early morning. She sees that the stone has been taken from the entrance ... She does not look in, runs to find Simon and John, and returns after they leave the tomb (vv.1-10).

Now she stands alone outside the tomb. She stands, unable to leave, afraid to look into the darkness of the tomb. Her tears fall ... yet still she remains there. I watch with reverence ... I seek to understand those tears ... I sense that she seems frozen in her sorrow ...

I marvel now at her courage: "As she wept she stooped to look into the tomb." *She faces her pain, her fear: she looks into the darkness of the tomb ... and finds that it is not as empty as she feared. A process begins that leads her from her tears to the Lord ...*

The angels ask: "Woman, why are you weeping?" I hear this question directed to my heart as well: Why are you weeping? Why is your heart heavy as you live day by day?

She sees the "gardener," not recognizing Jesus who is already there with her, even as her tears fall ...
"Woman, why are you weeping? Whom do you seek?" I answer this question, speaking to the Lord from my heart ...

"Jesus said to her 'Mary.'" Simply her name ... I hear him pronounce my name ... That one word says everything to me, as it does to Mary ...

"Rabboni!" One word ... which says everything. She knows now that he is alive, and will live forever, that he is with her, that his love will never leave her, that he calls her by name ... She is no longer the woman in tears ... I speak now to the Lord. I respond from my heart to his greeting ...

The encounter becomes mission: "Go to my brethren and say to them ..." "Mary Magdalene went and said to the disciples: 'I have seen the Lord.'" I feel the joy, the delight, the energy, with which she proclaims the risen Lord.

"I have seen the Lord." I speak with Mary Magdalene, I speak now with Jesus, and ask that this too be the central reality of my life, and my message to the world ...

Now I sit with Mary. I gaze upon her face, and see there her radiant joy. I see the deep happiness of knowing herself loved, loved infinitely, loved forever ... My heart now speaks ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
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-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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PRAYER COMPANION

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~ 24 ~

A JOURNEY INTO HOPE ~ “Did not our hearts burn within us while he talked to us on the road?”

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read Luke 24:13-35

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from “An Ignatian Introduction to Prayer,” by Father Timothy M Gallagher, O.M.V.¹

I am there, walking with the two disciples. I feel the heaviness of their hearts: “We had hoped ...” The energy of the beginnings is past, the time of trial and outward failure has come. They have seen Good Friday ... and, now, the tomb ... is empty, lifeless.

I walk with them along this country road ... I listen to them talk. I see the sadness on their faces. I, too, have known this sadness of a disciple, when all seems to go wrong, when I cannot make sense of what God is doing ...

Suddenly, Another is with us. He says little; he simply invites us to share the burdens of our hearts: “What is this conversation ...?” “What things?” They pour out their story of a hope that is now passed, of their struggle ...

I speak of my own hopes and disappointments ... And he listens ...

"O foolish men and slow of heart to believe all that the prophets have spoken!" He knows that they - and I - are not "hard" of heart, but only "slow" of heart. Too much has happened, too quickly, and they cannot grasp it in faith, cannot understand it. They falter ...

The Listener now speaks to their hearts. He "opens" to them the Scriptures and, slowly, they begin to understand ... "Was it not necessary that the Christ should suffer these things and enter into his glory?" "These things" – not the end of hope, but rather the necessary path toward glory ...

The "slow" heart becomes a heart on fire: "Did not our hearts burn within us ... while he opened to us the Scriptures?" I beg the divine Pilgrim, walking with me through life, for this same burning heart ...

"Stay with us ..." With them, I make this prayer from my heart to the Lord: Stay with me, Lord Jesus! "So he went in to stay with them ..."

We share the meal, the breaking of the bread. And our eyes are opened. Faith flames up, renewed within us. Discouragement is transformed into the surety that the risen Lord is always with me, today, every day, of my life.

Now everything changes for them, for me. They return, with energy, to the heart of the community. And they bear witness to the risen Lord in the midst of others: "They told what had happened on the road, and how he was known to them in the breaking of the bread."

Now I am alone with the Lord. My heart speaks freely to him ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
-
-

Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

Receive:

- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
- I allow him to lead me; perhaps returning to the scripture ...

Respond:

- I conclude my prayer time speaking to Jesus, God the Father, and/or the Holy Spirit as I would speak to a friend. I may also invoke the intercession of Mary and the Saints. (St. Ignatius calls this a colloquy.)
 - Praise him - give glory to God for who he is; for being all good and loving; for being my Lord and savior ...
 - Thank him - for our time together; for his word to me; for the gifts he has given me today ...
 - Ask him - for his help, grace, strength, wisdom, deeper faith ...
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- Based on what God is saying to my heart, I resolve to act in the following concrete way to love God and love neighbor (which could be something small). Today I will ...
-
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Rest in the Lord: Be still and know that I am God

Psalm 46:10

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~ 25 ~

DO YOU LOVE ME? ~ "They knew it was the Lord."

I prepare my heart for prayer

As I begin, I take a moment to become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart.

Prayerfully, I read John 21:1-19

After prayerfully reading, I ask for a grace I desire in this time of prayer.

Using my reasoning:

- Think about what is happening in the scene; what are the action words?
- Who are the people in the scene? What is the place? What things are described?
- What words catch my attention? What does this mean to me?

Using my imagination:

- Imagining myself in the scene – am I an observer or participant? To whom am I drawn?
- Using all of my senses - what do I see? What do I hear? What do I feel, smell or taste?

Reflect on what God is saying to my heart:

- As I reflect, I use my spiritual senses to acknowledge what is transpiring in my heart - my thoughts, feelings and desires. (Acknowledge means to see, to notice, to become aware of, to name.) This is important to do, as my thoughts, feelings and desires shape my actions.
- I look for the truth the Lord is communicating to me. I ask Jesus to give me his mind and his thoughts to see with the eyes of his heart what he wants to reveal to me today. How is Jesus calling me to apply this truth to my life?

Guided Reflection

Quoted from "An Ignatian Introduction to Prayer," by Father Timothy M Gallagher, O.M.V.¹

I see the lake, the shore, the boats ... All is so familiar to these disciples ...

"I am going fishing." "We will go with you." So simply ... a spirit of harmony, of working together ...

Their efforts are in vain ... all night ...

The day is breaking ... In the early morning light, they see a stranger on the shore ... They do not recognize him.

"Children, have you any fish?" There is a note of tenderness here ... It speaks to their hearts ... and mine.

At his bidding they cast the net to the right side ... and take in a great quantity of fish ... I watch, I sense the beginnings of awareness, the faith that rises in their hearts.

John is the first to understand: "It is the Lord!" This moment of spiritual intuition speaks to my heart. I ask the Lord to open my eyes, to help me to see clearly, to know his presence with me in my work, my efforts, my life ...

Peter hastens to the Lord with energy ... I sense that nothing will hold him back ...

The fire, the meal ... their silence. No words are necessary ... They know ... I live with them this time of silent sharing with the Lord ... I too am silent ... I too know ...

Jesus and Peter ... His heart is still bruised by the failure of Holy Thursday evening ... I watch as Jesus, with great sensitivity and love, heals Peter's heart. There is no blaming ... only a new opportunity to express the deepest reality in his heart ...

"Simon...do you love me?" I hear Jesus say my name, and gently ask me that same question: "Do you love me?" I answer ... Like Peter, my heart knows that my human weakness does not stand in the way of my answer ...

Again the Lord asks ... and again ... Again I hear Peter's answer ... Again I answer ...

"Feed my lambs ... Feed my sheep." I hear the Lord again entrust to my prayer, to my witness, to my life, the care of those whom he loves, those whom he has committed to my care ... And again, I offer myself to the mission ...

"When you were young ... when you are old ..." I allow the Lord to lead in my life ...

I ask for this grace in this time of prayer:

Converse with God²

Acknowledge:

- What are the thoughts arising in my heart? I think ...
-
-

- What are the feelings arising in my heart? I feel ...
-
-

- What are the desires arising in my heart? I desire ...
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Relate: I honestly relate these to God; I talk to him about them, trusting he is present and listening to me, his beloved child.

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- I listen to what the Lord wants to say to my heart, knowing his love is gratuitous and unconditional. I receive his love and consolation. I trust he longs to console me, to encourage me, to strengthen me, to heal me, to forgive me ...
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