

# 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.<sup>1</sup>

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 God<sup>2</sup>

### 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

<sup>1</sup>Gallagher, T., 2008. An Ignatian Introduction to Prayer: Scriptural Reflections According to The Spiritual Exercises. New York: The Crossroad Publishing Company. <sup>2</sup>This 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).