

# PRAYER COMPANION

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS SYNOD PRAYING WITH SCRIPTURE SERIES

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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.<sup>1</sup>**

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:

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Converse with God<sup>2</sup>

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

<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).