

# Week 1 – Remembering Love, Remembering God

## Theme and Texture

To settle into a rhythm of prayer. One should seek to ease into the process as naturally and comfortably as possible, recognising that God is an ever-loving presence in our lives.

## Grace for the Week

To be aware of God in my life, recognising and remembering that my life is filled with God's love.



## Prayer Points (Scripture and Prayer exercises)

### Wednesday

Luke 11:1-13 – Lord, teach us to pray

- Meditate slowly on the words of the Lord's prayer. What does that mean to me?
- Feel the Lord's presence as one begins the journey with the Lord in prayer. What do I need to ask the Lord's help with in my own approach to prayer?

### Thursday

Psalms 139: 1-18 – O God, you search me and you know me

- Realise that the Lord knows me through and through, from the depths of my being to my smallest of actions.
- I feel the Lord with me in all I do and realise that I've been loved from the time of my birth till the present moment.
- I tell the Lord what I feel about this.

### Friday

Isaiah 43: 1-7 – You are precious in my eyes and I love you

- How wonderful it is to be loved and to be precious in the eyes of our creator!
- Even though I might feel like I'm the most insignificant of creatures, I realise that the Lord who created me is the same Lord who loves me as no other can.

### Weekend

Luke 9:28-36 – The Transfiguration of the Lord

- Spend time meditating on how the Lord is transfigured, showing how He is both God and man.
- During the Eucharist this weekend, behold the Lord who comes to be with us in the simplicity of the meal of bread and wine. Feel how we're loved by this simple presence of Jesus in the Eucharist.
- After the Eucharistic celebration, give thanks to the Lord for the week that went past, recalling and remembering the special graces received through the week.

### Monday

Psalms 27 – Be strong, take heart, wait for the Lord!

- Remember how the Lord has been our light in all that we do and how we're made strong as a result.
- Bask in the light of the Lord who shows us our way as part of the love that He has for us.
- Remember how the Lord is always with us.

## Additional Materials

### Review of Prayer

It's helpful to review your prayer by reflecting on the experiences that you've just had. You should focus on what happened in prayer and on how you felt your heart was responding to God.

The following questions might help guide your review:

- What happened inside me during my prayer period? Am I able to describe it or remember it?
- How did I feel during the prayer period? How did my emotions or mood change during the period?
- How did I feel God present or absent during the prayer? How was I able to be present to God during prayer?
- What thoughts, memories or images emerged during prayer?
- What were the graces that I asked for and do I feel that these graces were received?
- How should I start my next period of prayer?



### On Prayer

#### Introductory points

- Prayer belongs to the heart. It's not about getting 'more out of it but about growing in intimacy with the Lord.
- The length of time spent in prayer is not the most important thing – what's most important is to stick to the time that we have decided (e.g. 15 or 20 minutes) no matter how difficult it can be.

#### Preparation for prayer

- Prepare by reading scripture or prayer materials till you are comfortable with it and don't need to go back to the Bible. It may help for you to write down important words or phrases.
- Decide where you want to pray (your room, chapel, garden) and find a bodily position (sitting, kneeling, walking or even lying down) that suits you.

#### The Period of Prayer

- Begin by remembering the subject of your prayer, the Scripture, what you seek.
- Ask for what you desire – this may depend in what you seek at the moment but it is important to ask for the grace you need from God.
- Enter into prayer knowing that prayer is a gift from God and allow the Lord to lead you where he wills. Your preparation is sufficient and all you do is to listen and be open to God.
- Don't be worried if memories come without you realising it. The Lord may be in these memories. Stay with them and see how they may shed light on scripture and your life.
- If distractions (silly, unrelated thoughts) come, recognise them and admit to them. Then gently return to prayer.
- When you near the end of your period of prayer, take some time to have a simple conversation with the Lord as you would with a friend, and end with the Our Father or Hail Mary or any other prayer.