

Remember! *The Desire to Pray is a gift from God, it is God working in your life, it is God active, moving and speaking. Our work, if you can call it that, is to open ourselves to a deeper reception of that desire, to focus on it, and to nourish it.*

When: At a time when I have the mental and physical energy to be present to the Lord

Time for Prayer: 15 or 20 Minutes

Praying with the Scriptures:

- I am working my way through the Gospels one section at a time
- I will read one section per day
- I will not skip around

1. For the space of an “Our Father” recall that God is present
2. Ask for what you desire: *Why I am I praying today? What does my heart seek? What do I want?*
3. Read the Scripture
 - Picture the scene and action and words in your imagination
 - Read the Scripture again filling in the blanks
 - Picture the scene and action and words in your imagination
 - Keep checking back to the text to make sure you’ve got the stage all set correctly

(I’m not doing a bible study – although some questions might come up in my mind, now is not the time to search out technical answers)

4. Use your imagination
 - Where is it, what is the scene like, who is there, what’s the weather like, what does it smell like, what do you see, what do you hear, who is talking, who are you in the scene, what are you thinking, what are others thinking, what do others feel, what do you feel?
 - Struggling? Use your imagination more
 - Distracted? Use your imagination more
 - Set the scene. Create the space where there is this opportunity to talk and listen to God.
5. What do you notice? What catches your attention?
 - Zero in on that detail
6. Three concluding trajectories of prayer
 - 1. Talk to myself**
 - 2. Talk to God**
 - 3. God talks to me**
7. A few notes for your journal
 - Brief description of the Gospel you prayed with (for identification purposes)
 - Brief description of your prayer
 - What drew my attention?
 - What did I feel?
 - Did I feel anxiety? Peace? Joy?
 - Did I struggle in any way?

Fidelity in prayer leads to growth in prayer.

Scripture meditation is hard, and it takes work. That’s why people abandon the practice. Don’t give up.

