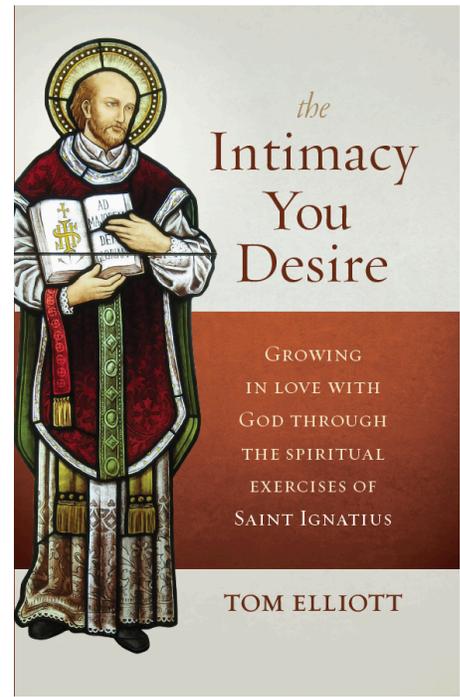


Personal Prayer Time

Below is a guide for keeping personal prayer relational and intimate, based mainly on the *Spiritual Exercises*.



1. Reverence the Presence of God

Saint Ignatius, in the *Spiritual Exercises*, recommends that we begin our prayer time by reverencing God's presence and His loving gaze in some concrete and conscious way. He writes, "A step or two before the place where I am to contemplate or meditate, I will stand for the space of an OUR FATHER, and with my consciousness raised on high, I will consider how the LORD my GOD beholds me. Then I will make an act of reverence or humility" (#75).

2. Review yesterday's prayer

Take a couple of minutes to review the previous day's prayer time, in particular read over your journal entry. What was the grace you prayed for? How did you experience that grace during prayer and throughout the day?

3. Ask for the grace you most desire

Our desires are very important; they are the very space where we encounter God. If we name our desire for a particular prayer time or a particular day, then we name the place we hope to encounter God.

4. Meditate on the Desire

Using Scripture or an image, song, quote, memory, etc., spend time share with God what is most important to you and let God respond.

5. Invite others into the conversation

The colloquy is a two-way conversation that one enters into with Jesus, God the Father, the Holy Spirit, Mary, or any saint at the end of a prayer period or at any point during the prayer time. Saint Ignatius invites us to talk to these people as though we were having a casual conversation with a friend.

6. Review the prayer time and journal

At the end of our prayer time, we review. What happened during prayer? What feelings did we experience? What was God like? What Scripture verse did we use and how did it speak to us? Our journal is a great place to record what happened during our prayer time, which can further unfold what God desired to show us, as well as provide a record of how God is working in our lives.