

DEVELOPING A HABIT OF **BECOMING AWARE**

GRACE WHAT DO YOU DESIRE FROM THIS PRAYER?

“Honesty and consistency in acknowledging and relating all of my interior life to God.”

ARRR PERSONAL PRAYER

PREPARATION

1. Begin with the Sign of the Cross.
2. Ask the Holy Spirit to quiet and inspire you.
3. In the space of an Our Father, “consider how God our Lord looks upon you.”
4. Ask God for the particular grace you desire from this prayer.

PRAYER

1. Acknowledge interior movements of the heart.
2. Relate these thoughts, feelings and desire to Jesus. Simply *share* them.
3. Receive all that Jesus shows you. Remain with him as long as possible.
4. Respond in dialogue as one friend speaks to another.

JOURNAL

1. How did the prayer go?
2. What was God like in my prayer? Did God seem close? Far?
3. Did I experience an impulse to “do” something? If so, what?
4. What would I do differently next time in prayer?