

PRAYER 101

Practical Suggestions for Talking with God

Lent is a time to strengthen our relationship with God. Developing a routine of daily prayer is an essential element of that loving relationship. By talking with God every day we grow closer to Him and we begin to experience His joy and peace - even in the midst of the difficulties of life.

Last Week Recap

To develop a habit of daily prayer commit to a time that you will pray each day. If left to chance, it probably won't get done. It doesn't have to be long to start – but you need to start. Pick a place to pray, such as a comfortable chair at home, a bench, or a pew in church. Pick a method of prayer. Don't try just to “wing it” but have process to your prayer – such as *Lectio Divina* discussed here.

Consider giving 1% of your day to God in Prayer. 14 minutes and 24 seconds

Lectio Divina is an ancient, simple method of prayer focused on the Sacred Scriptures. It involves five simple steps:

- PREPARE** Make the sign of the cross. Quiet your mind and body. Ask God to help you pray.
- READ** Read a passage of Scripture slowly. Focus on words and images that capture your attention. Read the passage again.
- REFLECT** Think about the meaning of the text. Perhaps imagine yourself as being present or as one of the people involved in the scene. Focus on the words of Jesus.
- RESPOND** Talk with God about the passage. Open your heart to God. Thank him for his blessings and present your needs and those of others. Ask help in living the message of the Scriptures. Parish him.
- REST** Spend a few quiet moments in God's presence.

“Listening together to the word of God, engaging in biblical lectio divina, letting ourselves be struck by the inexhaustible freshness of God's word which never grows old, overcoming our deafness to those words that do not fit our own opinions or prejudices, listening and studying within the communion of the believers of every age: all these things represent a way of coming to unity in faith as a response to hearing the word of God.”
- Pope Benedict XVI

