

Authoritative Truth about PRAYER

"For me, prayer is a surge of the heart: it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy".

St. Thérèse of Lisieux

Mental prayer is *"an intimate sharing between friends...taking time frequently to be alone with Him who we know loves us."*

St. Teresa of Avila

"If you knew the gift of God!" (Jn 4:10) The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is He who first seeks us and asks us for a drink. Jesus thirsts; His asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for Him."

CCC 2560

"It would be wrong to think that ordinary Christians can be content with a shallow prayer that is unable to fill their whole life... The great mystical tradition of the Church...has much to say in this regard [that God calls us to a life of deep prayer]. It shows how prayer can progress as a genuine dialogue of love to the point of rendering the person wholly possessed by the divine Beloved, vibrating at the Spirit's touch and resting filially within the Father's heart... It is a journey totally sustained by grace, which none the less demands an intense spiritual commitment and is no stranger to painful purifications (the 'dark night') but it leads, in various possible ways, to the ineffable joy experienced by the mystics as 'nuptial union'."

St John Paul II (*Novo Millennio Ineunte* 33)

My wife Linda and I both left teaching careers in order to serve you, the lay faithful, on a full-time basis. Our mission is to inspire, encourage and equip you to deepen your relationship with the Lord; to take the 'next step' – whatever that may be for you – under the wisdom and guidance of the Holy Spirit. We offer personal ministry, and also produce multiple media resources to fulfill that mission. We're lay missionaries. Our continued life of service is entirely dependant upon God's provision through faithful and generous souls like you. We invite you to prayerfully consider supporting – and thereby participating in – our mission both spiritually and financially. Magnificat Ministries is a federally incorporated not-for-profit charity; all benefactors are issued income tax receipts at year end. Bless and thank you!

Marcel Dion (co-founder)

"You have made us for Yourself, O Lord!
And our hearts are restless until they rest in You!"

St. Augustine

A little guide to



Personal Prayer

O God, You are my God, for You I long;
for You my soul is thirsting.

My body pines for You like a dry, weary land without water.
So I gaze on You in the sanctuary to see Your strength and Your glory.

For Your love is better than life, my lips will speak Your praise.

So I will bless You all my life, in Your name I will lift up my hands.

My soul shall be filled as with a banquet,
my mouth shall praise You with joy!

Psalms 63:2-6



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A Simple Guideline

Prepare – Raise your heart & mind to God (worship music may be of help)

Invoke – the Holy Spirit... (see Rom. 8:26 and prayer below)

Read – prayerfully... Sacred Scripture (esp.) & Spiritual 'classics'

Respond – to His love with love, gratitude & humility... (the *heart* of prayer!)

Linger & prolong – with *thanksgiving, surrender, petition* and/or *confession* of faith, hope and love as well as faults or failures

Dialogue – prayer is a genuine dialogue of love... (St. John Paul II)

Or simply follow the structure of the *Mass* – leading to *spiritual communion*

Prayer Asking for the Grace to Pray

Loving **Father**, I acknowledge that I do not know how to pray as I ought. Please grant me the gift of an ever-deepening prayer.

Lord **Jesus**, please awaken and increase my thirst for You, who thirst for me. Grant me the faith, love and confidence I need to respond to Your desire for communion with me.

Blessed **Holy Spirit**, You alone can fathom my heart and know it fully.

Draw me into the inner sanctuary of my heart, where You dwell, with the Father and Jesus. Reveal all truth to me; infuse into my soul greater faith, hope and love; adapt my faculties for participation in Your own Divine nature; and dispose me to live in communion with You and the Father and the Son. Amen.

(Based on CCC 2559-63 & 1812-13)

Prayer to Know the Fullness of God's Love

Father, may You grant me, in accord with the riches of Your glory, to be strengthened with power through Your **Spirit** in my inner being, that **Christ** may dwell in my heart through faith; that being rooted and grounded in love, I may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of **Christ** which surpasses knowledge, so that I may be filled with the utter fullness of You my God.

Glory be to You **Father**, whose power at work within me is able to accomplish immeasurably more than I can ask or imagine. Glory be to You in the Church and in **Christ Jesus** to all generations, forever and ever. Amen.

(Based on Ephesians 3:16 - 21)

Prayer of Abandonment to the Father

Father, I abandon myself into Your hands. Do with me as You will. For whatever You do, I thank You. I am ready for all, I accept all. Let only Your will be done in me as in all Your creatures. I ask nothing else my Lord. Into Your hands I commend my spirit. I give it to You with all the love of my heart, for I love You and so need to give myself to You; to surrender myself into Your hands with a trust beyond all measure, because You are my **Father**. Amen.

(Charles de Foucauld)

Prayer to the Holy Spirit

Holy Spirit, Soul of my soul, I adore You. Enlighten, guide, strengthen and console me. Tell me what I ought to do, and command me to do it. I promise to be submissive to all you permit to happen to me. Only show me what is Your will. Amen.

Prayer to Know the Obstacles Impeding my Growth[✠]

Dear **Lord**, teach me to know the obstacles that, consciously or unconsciously, I am placing in the way of your grace in me. Grant me the strength to put them aside, and if I am negligent therein, vouchsafe to remove them Yourself Lord regardless of how much I may suffer thereby. What would You have me do for You this day, my God? Show me all that is within me that displeases You. Teach me to value rightly the Precious Blood, which You shed for me. Enable me to grasp and treasure the sacramental or spiritual communion by which we can drink that Blood from the wound of Your most loving Heart. O Lord, make my love for You grow and deepen more and more. Grant that our inner conversation may never cease; that I may never separate myself from You; that I may receive all that You desire to give me; and that I may not stand in the way of the grace which, through me should be poured out upon other souls to give them light and life. Amen

(Adapted from The Three Conversions in the Spiritual Life by Fr. Reginald Garrigou-Lagrange, O.P)