

+--Personal Prayer

Be prepared.

Schedule a time; Have a passage picked out (if reading with Sacred Scripture); Gather materials you will be using (Bible, journal, pen, rosary, spiritual book, etc.)

Find a quiet location.

If a chapel is not an option, find an empty room or a quiet spot outside.

Position yourself.

Find a body position that is not too comfortable that you will fall asleep, but not too uncomfortable that you will be distracted. Body position can be altered throughout prayer.

Acknowledge God's Presence in your life, and you before Him.

Feel His Presence and His Love. How is He looking upon you? You could close your eyes and picture His gaze, or look at a Holy object to focus on His Presence. Open your heart to see and feel how He Loves you. Ask for a specific Grace and vow to follow His Will as it is revealed through your prayer.

Relate your thoughts, feelings, and desires to God.

Cast away all of your anxieties. Hand all of your fears, worries, and petitions over to Jesus and Mary. Allow yourself to be free, and let Mary transform what you have given her while you focus on her Son. Share with Jesus your thoughts, feelings, and desires—and then surrender them to Him to do as He wills. Enter into His Peace.

Open up Scripture.

Apply God and Scripture to your life.

Meditation: What words or phrases stick out to you?

Or Contemplation: Enter into the story; take the place of a character.

Receive what God is telling you and the Graces He desires to give you.

What message is God conveying to you through your meditation/contemplation?

Where are you being called to grow? How are you being challenged? Be attentive to His Voice. Listen. Be Loved.

Respond with a plan to Love more intentionally.

What changes has God asked you to make in your life? How are you going to carry out those changes in concrete steps? Resolve to follow Him with His Grace.

Devotions

Incorporate praying the Rosary, Chaplet of Divine Mercy, Novenas, etc.

Examen

Examine your conscience. Where are you struggling? What can you do to change that?

Meditating on God's Presence

Is God your center? Where have you noticed God working in your life? Where in your life have you not noticed His Presence? Are you being receptive to God's Voice in what He is calling you to? What can you do to grow closer to Him?

Journal

Jot down notes of your prayer experience after you speak with Him.

Be Silent

Rest in God's Presence. You can do this by sitting, walking, reading, etc.

"Pray Like a Pirate": ARRR - Acknowledge, Relate, Receive, Respond (as above)

Helpful tips:

Do not push prayer to late at night or “when you get to it.”

Schedule a time for prayer and stick to it.

Take care of yourself, so that you are not falling asleep or hungry when trying to pray.

Do not spend your time working on plans or responsibilities that need attention; focus on Jesus.

Acknowledge distractions and offer them up as they come.

Do not look around at people; close your eyes, or focus on a Holy image.

Incorporate times of silence into your prayer so that you may listen.

Let the Holy Spirit lead your discussion with Jesus.

Be honest with God, even if you do not feel like spending time with Him or are angry with Him.

Pray even if you feel it is producing no fruit. Overcome those struggles and grow deeper.

Prayer throughout your day:

Bring all of your thoughts, feelings, and desires to Jesus; let Him know how you are doing.

Ask the Holy Spirit to place in your life the people that you are called to reach out to.

In turn, ask for the courage to respond to such instances.

Thank Him for the opportunities.

Praise God for all of the blessings in your life and ask for His help in all your struggles.