

## SOME TIPS FOR PRAYER

*These ideas are meant to be of help; pass over the ideas that hinder your entrance into a prayerful experience.*

### On Entering into Prayer

- Find a suitable place.
- Realize that harmony of body and spirit is important; take a peaceful, relaxed, meaningful position.
- Spend a few moments quieting yourself, becoming aware that you are placing yourself in the presence of God in a special way.
- Ask God to be with you—welcome God into your presence.
- Ask for the grace you most desire.
- Read a scripture passage slowly (or proceed with whatever method you have chosen for prayer).
- Try not to think or figure things out on your own, but let the Spirit inform your prayer. (see Romans 8:26-27)
- Pause and savor whatever you experience.
- Respond in thanksgiving from your heart.

After the period of prayer is over, it is helpful to make a review for a few minutes. You might use one or another of these questions to help reflect on your experience.

- What type of prayer did I choose?
- Where was the Lord working and how did I respond?
- What were my reactions, changes in mood, thoughts, what struck me?
- How did I feel about what struck me; was it enjoyable, distasteful, moving, enraging, comforting?
- What grace did I ask for? Did I receive this grace?
- Is there something I should return to in my next period of prayer?

You may want to write about your reflections in a journal.