

Checklist Before you Go.

- Confession
- Acquire a good book for spiritual reading
- Locate a church with Eucharistic Adoration
- Schedule at least a full hour so you don't feel rushed

[] Confession:

Before you begin, you must go to confession if you have committed a mortal sin or if it's been a while. A mortal sin cuts you off from God and thereby also sanctifying grace. You will be unable to attain the graces to pray well and grow closer to God if you are cut off because of mortal sin.

Go to Confession!

[] Spiritual Reading:

Below are spiritual reading books we highly recommend:

- The Gospels
- Divine Intimacy: Meditations on the Interior Life for Every Day of the Liturgical Year - Fr. Gabriel of St. Mary Magdalen, O.C.D.
- Anything by Fr. Jacques Philippe
- The Imitation of Christ - Thomas A Kempis (St. Therese Lisieux favorite)
- Manual for Eucharistic Adoration by the Poor Clares

[] Eucharistic Adoration:

For your first big attempt, you should **meditate in front of Our Lord in Adoration**. This is always the most ideal place to pray and even more important for your first time.

[] Schedule a Full Hour

We recommend that you **schedule a full hour** for your first time but aim to pray for an uninterrupted 20 minutes. This method will give you a big cushion to pray slowly and methodically in an organized and unrushed manner.

Additionally, you can handle 20 minutes but you won't be able to really focus if you **only have 20 minutes**. This is why the full hour allotted allows you to slowly enter the church, slowly kneel, pray, read, go deep, and be intentional.

Catholic Guide to Meditation Prayer Steps:

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|---------------------------------|-----------------|
| 1. Preparation & Opening Prayer | 4. Thanksgiving |
| 2. Reading | 5. Offering |
| 3. Meditation | 6. Petition |

The Steps for Spiritual Reading: Same Key Word - Slowly

Long prayer of mercy example: The Act of Contrition
am a sinner."

Short prayer of praise example: "Have mercy on me my Lord and my God, I have sinned and I
Long prayer of praise example: Mary's Magnificat Luke 1:46-55
beginning, is now and ever shall be, world without end. Amen."

- "All glory and praise to You my Lord and my God. You are my everything and you are enough for me."
- "Glory Be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen."

Short prayers of praise examples:

1. Before you walk into the church take a **slow**...deep...breath...
2. Walk **slowly** into the church and find a seat.
3. **Slowly** lower yourself to both knees, slowly bow down so low that your head almost touches the floor in reverence and respect for God almighty and very **slowly** make the sign of the cross.
4. **Slowly** make the sign of the cross again as you begin to pray asking the Holy Spirit to help you enter into deep meditative prayer.
5. In your mind, **slowly** speak to God words of praise and ask him to have mercy on you.

The Steps for Preparation: Key Word - Slowly

slow movements are of great importance in breaking the rapid and tense rhythm of a busy and hurried life. [1]

"I strongly advise you, therefore, to pay attention to initial gestures and attitudes...Calm and this advice from Fr. Henri Caffarel, the founder of Teams of Our Lady.

If you follow nothing else from this resource and you really want to pray well, please follow **Preparation and Opening Prayer: Do Absolutely Everything Slowly**

The Way of Catholic Meditation

1. Slowly consider and reflect on the part of the reading that has stood out to you.
2. Think about it for a while.
3. How does this impact your relationship with God? How does it relate to your life right now?
4. Talk to God about what you read. Do it slowly.
5. Try to remain focused, slow, and precise in your internal conversation, as you will also want to try and "be still" mentally so that little thought is entering your mind. This is when you are more likely to hear that, "still small voice."
6. If you are unable to sustain prayer for at least 10 full minutes, then keep reading until something else strikes you.
7. Finally, if the time in prayer was fruitful, write it down.

Give Thanks

The more we recognize all that we have been given, the closer we grow to God, who loves us beyond all measure.

1. Take some time to thank God for the litany of blessing He has showered on you, for example: this time with Him, family, prosperity, health, etc.

Offering or Resolution

It is important to take what you have received in this time in meditation and hold onto it.

1. Make a resolution to work on whatever it may be that spoke to you.
2. Consider writing it down so you don't forget your resolutions or consolations.
3. Offer this resolution to God by praying about it:

"God, I want to serve you and live my life according to your holy will. I offer you this resolution and this time I spent with you in prayer as you know I cannot do or make the changes I need in my life without your help. You know I want to cling to my current way of life. But you said, 'whomever wishes to save his life will lose it, and whomever loses his life for your sake will find it' (Matt. 16:25) Show me the path I must walk and help me to stay the course, so that I may remain on this narrow road that leads to you. You are the way, the truth, and the life. I hand this and everything

Petition

1. Simply pray for yourself and your vocation, your family, friends, priests, the Church, poor souls in purgatory, the end to abortion, all those intentions you promised to pray for, anything you can think of.

Conclude

1. Ask all these things through the intercession of the Blessed Virgin Mary and pray the Hail Mary and Glory Be.
2. Make the sign of the cross slowly
3. Slowly exit the church.



Guide to Catholic Meditation

References

[1] Caffarel, H. (Sept-Oct 1970). Presence a Dieu. Monthly Letter of Equipes Notre Dame. [P. 9]