

Tips for More Meaningful Prayer

The following ideas are meant only to be a help... use them only if they help. Please do not feel as though you've got to get them all in.

On Entering into Prayer:

- Find a suitable, quiet place.
- Realize that harmony of body and spirit is important, so be sure to take a peaceful, comfortable, 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 for the grace you most desire.
- Slowly read the passage from the scripture. Read it again, maybe this time even out loud.
- Reflect and think over what the Lord is saying to you. Don't try to analyze the passage – let the passage speak to your heart.
- Speak to the Lord when you feel ready and comfortable.
- Pause and savor wherever you feel drawn or moved ... a passage ... a word ... an image.
- Close with a prayer of your own choosing.



After Prayer:

After your period of prayer is over, it might be helpful to make a quick review for a few minutes. Some of the following suggested questions may help you in reflection:

- What passage did I choose and why?
- Where was the Lord working and how did I respond?
- What were my reactions, changes in mood, thoughts – in other words, what struck me during my prayer?
- What were my feelings during this prayer period – enjoyment, discomfort, moving, anger, sadness, joy?
- What grace did I ask for?
- Is there anything in particular that I need to return to in future periods of prayer?

Other suggestions:

- You may want to set aside for yourself a special “prayer corner” with a chair, candle, cushion or table.
- Shut off your phone or soften the bell ten minutes before until ten minutes after your prayer period.
- Don't watch TV immediately after your prayer period; try to stay with the quiet a bit.
- Sometimes it might be helpful to light a candle or pull down the blinds to help create a mood.
- Some ways to recognize that the Lord is speaking to you:
 - when you experience the Lord's presence, His love;
 - when you are moved to express yourself in a special way;
 - when you are peaceful or lifted in spirit;
 - when you are disturbed or not at peace.
- Talk to your family and friends about the importance of this week for you and enlist their cooperation in protecting your prayer time and place.