

# DAILY PRAYER

**St. Francis de Sales** Prayer opens the understanding to the brightness of divine light, and the will to the warmth of heavenly love—nothing can so effectually purify the mind from its many ignorances, or the will from its perverse affections. It is as a healing water which causes the roots of our good desires to send forth fresh shoots, which washes away the soul's imperfections, and allays the thirst of passion.



But especially I commend earnest mental prayer to you, more particularly such as bears upon the life and passion of our Lord. If you contemplate him frequently in meditation, your whole soul will be filled with him, you will grow in his likeness, and your actions will be molded on his. He is the light of the world; therefore in him, by him, and for him we shall be enlightened and illuminated; he is the tree of life, beneath the shadow of which we must find rest; he is the living fountain of Jacob's well, wherein we may wash away every stain. Children learn to speak by hearing their mother talk, and stammering forth their childish sounds in imitation; and so if we cleave to the Savior in meditation, listening to his words, watching his actions and intentions, we shall learn in time, through his grace, to speak, act and will like himself.

Believe me, my daughter, there is no way to God save through this door. Just as the glass of a mirror would give no reflection save for the metal behind it, so neither could we here below contemplate the divinity, were it not united to the sacred humanity of our Savior, whose life and death are the best, sweetest and most profitable subjects that we can possibly select for meditation. It is not without meaning that the Savior calls himself the bread come down from heaven; just as we eat bread with all manner of other food, so we need to meditate and feed upon our dear Lord in every prayer and action.

## GO DEEPER BY:

Reading the next chapter from St. Francis de Sales, [A Short Method of Meditation](#); and/or watching this 12 minute video on [How to Build Your Prayer Life This Year](#) with Fr. Mark-Mary.

## PHASE 2 IS UNDERWAY

Now that we're a month or so into phase 2 of our Go Make Disciples initiative, hopefully your parish has begun to implement parts of its Parish Evangelization Plan. After several months focused primarily on planning, now is the time to focus on implementing. As we move from the season of Epiphany toward Lent, these next few months are a great time to focus on growing in holiness through daily prayer, keeping Sundays holy, doing penance on Fridays, and frequenting the sacrament of confession.

## EQUIPPING FOR MISSION

Intercessory Prayer is a crucial piece of effective evangelization. God calls us to do our part in sharing the Gospel with others, but no matter how good at it (or not good at it) we think we are, in the end it's only God that can change hearts. Think of specific people in your life who need to experience the healing and freedom and peace that only Jesus can give; start praying for them by name on a regular basis; then pray for God to open an opportunity for you to speak to them about Jesus. GO DEEPER by reading this article on [Intercessory Prayer](#) from FOCUS.

## SEEKING HOLINESS

### HOPE

**CCC 1817** - Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. "Let us hold fast the confession of our hope without wavering, for he who promised is faithful." "The Holy Spirit . . . he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life."

**CCC 1820** - Christian hope unfolds from the beginning of Jesus' preaching in the proclamation of the beatitudes. The beatitudes raise our hope toward heaven as the new Promised Land; they trace the path that leads through the trials that await the disciples of Jesus. But through the merits of Jesus Christ and of his Passion, God keeps us in the "hope that does not disappoint." Hope is the "sure and steadfast anchor of the soul . . . that enters . . . where Jesus has gone as a forerunner on our behalf." Hope is also a weapon that protects us in the struggle of salvation: "Let us . . . put on the breastplate of faith and charity, and for a helmet the hope of salvation." It affords us joy even under trial: "Rejoice in your hope, be patient in tribulation." Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire.

**Why do you pray? When do you pray? How do you pray?**

**Do you pray mentally as well as vocally? What is your experience of mental prayer?**

**What are you doing to deepen your prayer life?**

## YEARLY FORMATION NEWSLETTER TOPICS

### MAY 2021

The Mission

### JUNE 2021

Missionary Discipleship

### JULY 2021

Evangelization

### AUGUST 2021

How to Evangelize

### SEPTEMBER 2021

Jesus + The Story | Faith

### OCTOBER 2021

Our Baptismal Call | Courage

### NOVEMBER 2021

Holy Mass | Charity

### DECEMBER 2021

Reclaiming Sunday | Justice

### JANUARY 2022

Daily Prayer | Hope

### FEBRUARY 2022

Praying with Scripture | Wisdom

### MARCH 2022

Self-Denial | Moderation

### APRIL 2022

Monthly Confession | Humility

## NOT A COMMITTEE MEETING

A note for parish staff and evangelization teams: Think outside the box. Meet in homes. Share meals or drinks together. Discuss your faith, your parish, and what God is saying to you in prayer.