

Aids for Prayer:

How do I do a Holy Hour with Jesus in the Blessed Sacrament?

(The following is method of prayer proposed by Saint Peter Julian Eymard. It rooted in the primary prayers of the Mass – this can be done for the entirety of a Holy Hour or for a 10-20 minute period)

1) Prayer of Adoration – (I tell Jesus that I love Him): I clear and focus my mind, placing myself in the presence of God, considering God's love, mercy, goodness, excellence which is the source of all graces and blessings that I have received in my life. I acknowledge and state before God in my own words and in my own way my dependency on Him for everything just like a young child depends on its Mother and Father for its needs – This is an act of humility. I can also reflect on the humility found in the humanity of Jesus present in the Eucharist and sacrificed in an unbloody manner at the mass.

2) Prayer of Thanksgiving – (I thank Jesus for the blessings He has given me): I then thank God for all the blessings that He has given me: creation, His mercy and grace, Jesus Christ in the Incarnation and the Redemption, the Eucharist, and those favors which we have received personally from Him – such as my Catholic Faith, my Life, my health, my family, my vocation/job, and also the favors that I have received either directly from God or from God through other people such as the Saints in Heaven or people that we know on earth.

3) Prayer of Contrition/Reparation – (I acknowledge my sins before Jesus and ask for His Forgiveness and Mercy): I then ask for forgiveness and also for the grace of deeper contrition/sorrow so that my sins and all bad effects and dispositions manifested in my mortal and venial sins, the sins that I have through commission (what I have done) or omission (what I have failed to do) may be removed. This is an act of reparation and an act of humility that goes against my own pride and vanity, which prevents me from growing in holiness and in true love of God and love of neighbor. The virtues of humility and penance are exercised by this action

4) Prayer of Petition/Intercession – (I bring Jesus my needs, the needs of the Church and the world): I then pray for the graces and the things that I need individually to persevere in faith, hope, love until I die. I can also include and a petition for the salvation of souls and for various needs This particular prayer can include my own needs, the needs and salvation of my family members, my friends, my fellow parishioners, my co-workers, my employer, my enemies, and the particular needs of the Church and the World. It is in this way that Jesus Himself always prays for all of us especially at Mass).

How to do meditate on Scripture or a Writing of a Saint?

1) Preparation for Prayer: I place myself in the presence of God, humbly asking His help in my own words like if I were talking to a friend. I then place before myself and puts the subject of my meditation (a particular passage from the Gospels on the life, passion, death of Jesus, on a meditation written by a Saint or a Spiritual Writer, On the Four Last Things [Death, Judgment, Heaven, Hell], On Obligations of Faith, On Obligations of My Particular Vocation – as a Parent, Grandparent, Student, what my job is, etc.)

2) Meditation/Consideration: I then think and reflect on the subject which has been considered in my meditation and then I speak to myself about it - Meditating on the Subject chosen in its historical, spiritual/supernatural, and how it applies to my life.

3) Affections/Resolutions: I then reflect again and I speak and with God (Father, Son, and Holy Spirit), Our Lady, Particular Saints involved in the meditation, or my patron saints, reflecting on

the meditation and asking them to help me direct my desire and love towards God, (this direction of love should be done both in its affective dimension – affirming the Good, True, Beautiful that is present; and its effective dimension – seeing my sins and failings and how I need to grow in holiness). Then I make a practical resolution on how God wants me to change my life.

4) Conclusion of Mental Prayer: I then again thank, praise, and adore God and I ask Him for the grace to keep the resolutions that I just made in His presence.

Ignatian Method of Meditating with Scripture (from *The Spiritual Exercises*):

1. Begin by placing yourself in the presence of God
2. Then formally ask from God the grace that You desire from Him during this time of prayer – Here it might be to ask for the grace to grow in your understanding of who Jesus is, so that I may grow in your love for Him and your desire to be with Him for all eternity in Heaven.
3. Read the passage of Scripture and then put it down.
 - a. I then begin to picture the scene in my head using my imagination as completely as I can
 - b. I look at where the scene is, who is there, what is happening, what are the things in and around the scene, What smells come to me, etc.
 - c. I then enter into the scene even more by becoming a character in the scene – I might just let myself become a member in the crowd or I may become one of the principle characters involved in the scene. When I get there, then I let the story happen and go wherever it goes.
 - d. In the scene, I can let what is revealed to me be played out in the words and gestures of the participants, and I can speak or simply experience my own reactions. The details of the text cease to be important as the experience of the story moves my heart.
4. Finally, I would end with a prayer, speaking to Our Lord, heart to heart, friend to friend, in whatever way comes to me, expressing my gratitude for the graces I had just received.

Method of Praying with Scripture Using Lectio Divina

Opening Prayer and Invocation of the Holy Spirit.

In Own Words

1. *Lectio*: Simply listen to the reading of the Scripture passage.

2. *Meditatio*: Identify one word or phrase spoken to you by the Holy Spirit; repeat it slowly.

(3-5 minute silence)

3. *Oratio*: Respond in prayer from the heart regarding a personal struggle, longing or opportunity to which this one word or phrase can be applied.

(3-5 minute silence)

4. *Contemplatio*: Rest in a personal invitation or affirmation spoken to you by the Lord. Allow the Lord to speak to you, possibly inviting you to take a particular action or to embrace a word of consolation.

(3-5 minute silence)

5. *Intercessory Prayer*: Pray for the person on your right, giving thanks for him, asking for the graces he may need, and whatever else the Holy Spirit may inspire.

Closing Prayer and Blessing.

Particular Examination of Conscience – Ignatian Examen Prayer (Done Daily)

Take 5 to 10 Minutes to reflect on the past day

- **Become aware of God's presence** – take time to quiet your body and your mind from all distractions. Ask the Holy Spirit for a graced understanding of your day.
- **Thank God for the blessings of the day**
 - What were the particular blessings/gifts of the day?
 - How was I a blessing to someone today?
- **Ask God for the grace and courage to know your sins and to eradicate them.**
- **Notice the different events of the day, what you felt, and how you acted:**
 - *Recall and examine the events of your day. Simply pay attention to any and all feelings that surface. As you review the day ask yourself:*
 - *Where was God in the events and the persons of the day?*
 - *Was my heart divided in anyway-wavering between helping and disregarding, scoffing and encouraging, listening and ignoring, rebuking and forgiving, speaking and silence, neglecting and thanking?*
 - *What moved me to act the way I did?*
 - *What habits helped me or hindered me in my actions?*
 - *Did my feelings move me towards God's peace or away from God's peace?*
 - *Did I act on these feelings in a way that seemed according to God's will or not of God's will?*
- **Choose one of those feelings** (positive or negative) **and pray from it -**
 - *That feeling is a sign that something important is going on. Simply express spontaneously the prayer that surfaces as you attend to the source of the feeling.*
- **Ask God for forgiveness for your sins, beg for his mercy, Look toward the future with hope:**
 - *Ask where might I expect to find God in the events and persons I will face tomorrow?*
 - *If I am going to be in a situation again that I did not handle well today, how do I want to handle it the next time that I face it?*
- **End with One Our Father.**

GRACE – The Ignatian Examen by Fr. Joseph Koterski, SJ

- (1) Gratitude
- (2) Request for God's light,
- (3) Account of Actions and Attitudes,
- (4) Chart your Course, whether by continuing on course or correcting it, and
- (5) Entreat God for energy and enthusiasm.

One of the most regularly given pieces of advice in the history of Christian spirituality is the regular examination of conscience. Many people do it just before going to confession. But Saint Ignatius of Loyola recommends that we make it a daily prayer by reserving about ten to fifteen minutes at the close of each day, or at some other moment when we can steal a bit of quiet from our busy schedules.

1. Gratitude

Begin, he urges, with a moment of gratitude, and try to be specific – think of something about the day that is just past, or about something in your life for which you are grateful, and say a word of

thanks to God. We often talk about counting our blessings, but actually stopping to give God thanks for some of his particular blessings can easily escape us, despite our best intentions.

2. Request for Light

Then ask of God the light by which to see your life, as he wants you to see it. This request for his light is most important in making the examination of conscience into a genuine prayer, and not just another self-help technique, done purely by our own will power. Even the best of us has some areas of our life we'd rather not look at, and others we can't stop gazing upon. Given our enormous powers of rationalization, we need God's help in coming to see ourselves truthfully as he sees us.

3. Account of One's Actions and Attitudes

Third, make an account of all your actions and attitudes in the course of the day just past. This is likely to be the longest portion of the examination of conscience. If one perseveres in doing it faithfully, day after day in the Lord's light, it can reveal the patterns of sin as well as the patterns of grace in one's life.

Some portions of the day can be reviewed quickly, like a videocassette on fast-forward, but over certain moments we will do well to pause and go slowly, watching to see what triggered what. With God's grace we can notice where things like impatience and anger start and how they grow. And we can come to see just how God's grace may have protected us from jealousy or gossiping. We can take note of just what those "near occasions of sin" really look like, so that we can avoid them a little better tomorrow and not just excuse ourselves from what takes too much effort to change. The standard by which to judge what we have done will always remain the ten commandments, especially when recast by Jesus as the two great commandments about love of God and love of neighbor.

It can be helpful in this third stage of the Examen to spend about a minute simply listing the things we did in the course of the day. After that, we can choose what to look at in greater detail. For this part of the third step, it is often helpful not just to be doing our own analysis but literally to tell the Lord how it went in detail. One might, for instance, talk to Him about a particular conversation that we had, or a specific event. Usually we know when we are telling the truth, the whole truth, and nothing but the truth! But if we find that we are exaggerating something, or hiding something, or twisting something, all we need to do is to say: "Well, Lord, it wasn't quite like that. Let me try again to tell You, a little better this time, what really happened. You know it already, but You want me to know what really happened. I thank you for being willing to listen to me, and for drawing out the truth from me in this way."

One other suggestion for a practical problem that we sometimes face in their lives.. After some angry encounter or something deeply upsetting or something that they are ashamed of, many people feel the inclination to "play the tape" over and over again during the course of the day. But this inclination to replay often does no good, and may even be harmful if we start subtly changing the scenario so as to come out a little better each time we reconsider the matter while the other guy comes off a bit worse. It is usually better to treat the inclination to replay these tapes during the day as if they were temptations. Resolve instead to wait until you get to your prayerful examination of conscience, and only then to allow yourself to review the matter under the Lord's light so as to see the situation in truth and charity.

4. Charting a Course

The fourth step is to chart a course, that is, to make a resolution about what direction to take, whether it be to continue the course you're already on, or to correct your course when you've strayed. If your account of the actions and attitudes of the day has alerted you to anything of sin, you will be all the more prepared for your next confession and can make an Act of Contrition right on the spot. If you

find that things have gone well, you will have ready-to-hand something to be especially grateful for when you begin your next examination of conscience.

5. Entreat the Lord for the Energy and Enthusiasm Needed

The final portion of this short prayer is to ask God for the energy and enthusiasm to carry out the course just charted. In all honesty, we cannot save ourselves, no matter how hard we try. But we cannot fail if we take the help God is so eager to offer.

This method for the examination of conscience is easy to remember by the letters in the word “Grace”: (1) Gratitude, (2) Request for God’s light, (3) Account of Actions and Attitudes, (4) Chart your Course, whether by continuing on course or correcting it, and (5) Entreat God for energy and enthusiasm. Not only will one be more ready for confession when the time comes, but one will steadily grow in recollection and a sense of God’s constant presence.

An Example of a General Examination of Conscience (Done before going the Sacrament of Confession)

GENERAL EXAMINATION OF CONSCIENCE

Examine Your Conscience.

When was my last good 'Confession? Did I receive communion or other sacraments while in the state of mortal sin? Did I intentionally fail to confess some mortal sin in my previous Confession?

- Did I willfully and seriously doubt my faith, or put myself in danger of losing it by reading literature hostile to Catholic teachings or by getting involved with non-Catholic sects? Did I engage in superstitious activities: palm reading, fortune telling, Santeria?
- Did I take the name of God in vain? Did I curse or take a false oath? Did I use bad language?
- Did I miss Mass, on a Sunday or a Holy Day of Obligation through my own fault, without any serious reason?
- Did I fast and abstain on the prescribed days?
- Did I disobey my parents or lawful superiors in important matters?
- Was I selfish in how I treated others, especially my spouse, my brothers and sisters, my relatives, or my friends? Did I hatefully quarrel with anyone, or desire revenge? Did I refuse to forgive? Did I cause physical injury or even death? Did I get drunk? Did I take illicit drugs? Did I consent to, advise, or actively take part in an abortion?
- Did I willfully look at indecent pictures or watch immoral movies or pornography? Did I read immoral books or magazines? Did I engage in impure jokes or conversations? Did I willfully entertain impure thoughts or feelings? Did I commit impure acts alone or with others? Did I take contraceptive or abortifacient pills, or use other artificial means in order to prevent conception?
- Did I steal or damage another's property? How much? Have I made reparation for the damages done? Have I been honest in my business relations?
- Did I tell lies? Did I sin by slander? By detraction – telling unknown grave faults of others without necessity? Did I judge others rashly in serious matters? Have I tried to make restitution for any damage of reputation that I have caused?

If you remember any other sins, remember to mention them in confession.

The Triple Colloquy from The Spiritual Exercises of Saint Ignatius of Loyola:

At the beginning of prayer when I am looking for guidance or to quiet my heart or at the end of prayer, when I am inspired to ask God for a particular grace or help with a resolution he is asking me to make in prayer, I do the following:

- 1) I first speak to the Blessed Mother Mary from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say a **Hail Mary**
- 2) I then speak to Jesus from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say the **Anima Christi:**
Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels
Forever and ever
Amen
- 3) Then I speak to God the Father from the depths of my heart as I would a friend, I spend time in quiet prayer asking for this grace then I say the **Our Father**

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of the Holy Father, Pope (N.) Francis. Amen.

Act of Faith:

Oh My God, I firmly believe that You are one God in Three Divine Persons, the Father, the Son and the Holy Spirit. I believe that Your Divine Son became Man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, Who can never deceive nor be

deceived. Amen

Act of Hope:

Oh My God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and Life Everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love:

Oh My God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

An Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Anima Christi:

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels Forever and ever. Amen.

The Pardon Prayer – Said by the Angel at Fatima

The angel who appeared to the children called himself the Angel of Peace and the Angel of Portugal. He taught them the following prayer:

My God, I believe! I adore, I trust, and I love You! I ask pardon of You for those who do not believe, do not adore, do not trust, and do not love You!

The Angel's Prayer before the Eucharist:

On one occasion, the three children saw the angel prostrate before a host and chalice that hung in the air. Worshipping the Eucharist, the angel prayed,

Most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly. I offer You the Precious Body and Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifference by which He is offended. And through the infinite merits of His Most Sacred Heart, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. Amen

The Eucharist Prayer:

During the first apparition of Our Lady of Fatima, the children found themselves "moved by an interior impulse," as Lucia later explained, to say the following prayer together:

Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament.

The Sacrifice Prayer

The Blessed Mother taught the children to offer all their personal sacrifices to God by praying,
Oh my Jesus, I offer this for love of Thee, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.

The Rosary Decade Prayer (O My Jesus)

The Blessed Mother stressed the critical importance of praying the rosary daily for the conversion of sinners and for peace in the world. She asked that the following prayer be recited at the end of each rosary decade:

O My Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those in most need of Thy mercy.

An Act of Love by Saint Jean Marie Vianney (The Cure of Ars):

I love You, O my God, and my sole desire is to love You until the last breath of my life. I love You, O infinitely loveable God, and I prefer to die loving You than to live one instant without loving You. I love You, O my God, and I do not desire anything but heaven so as to have the joy of loving You perfectly. I love You, O my God, and I fear hell, because there will not be the sweet consolation of loving You. O my God, if my tongue cannot say in every moment that I love You, I want my heart to say it in every beat. Allow me the grace to suffer loving you, to love You while suffering, and one day to die loving You, and feeling that I love you. And as I approach my end, I beg you to increase and to perfect my love of You.

Prayer of Saint Ignatius of Loyola Against Depression

O Christ Jesus When all is darkness and we feel our weakness and helplessness, Give us the sense of Your Presence, Your Love and Your Strength. Help us to have perfect trust In Your protecting love And strengthening power, So that nothing may frighten or worry us, For, living close to You, We shall see Your Hand, Your Purpose, Your Will through all things. Amen.

Prayer of Abandonment by Bl. Charles de Foucauld

Father,

*I abandon myself into your hands;
do with me what you will.*

Whatever you may do, I thank you:

I am ready for all, I accept all.

*Let only your will be done in me,
and in all your creatures -*

I wish no more than this, O Lord.

Into your hands I commend my soul:

I offer it to you with all the love of my heart,

*for I love you, Lord, and so need to give myself,
to surrender myself into your hands without reserve,
and with boundless confidence,
for you are my Father. Amen.*

Prayer for Generosity by St. Ignatius Loyola

Lord Jesus, teach me to be generous;

teach me to serve you as you deserve,

to give and not to count the cost,

to fight and not to heed the wounds,

to toil and not to seek for rest,

to labor and not to seek reward,

except that of knowing that I do your will. Amen

Prayer to One's Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here,
ever this day be at my side, to light and guard, to rule and guide. Amen.

Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

A Meditation by Blessed John Henry Newman

God has created me to do him some definite service; He has committed some work to me which He has not committed to another. I have my mission –I may never know it in this life, but I shall be told of it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught, I shall do good, I shall do his work. I shall be an angel of peace, a preacher of truth in my own place while not intending it –if I do but keep His Commandments. Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow my sorrow may serve

Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me—still He knows what He is about. Therefore, I will trust in Him.

Saint Padre Pio's Prayer for Hope and Confidence

O Lord, we ask for a boundless confidence and trust in Your divine mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church. Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory. May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory. O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father. Amen.