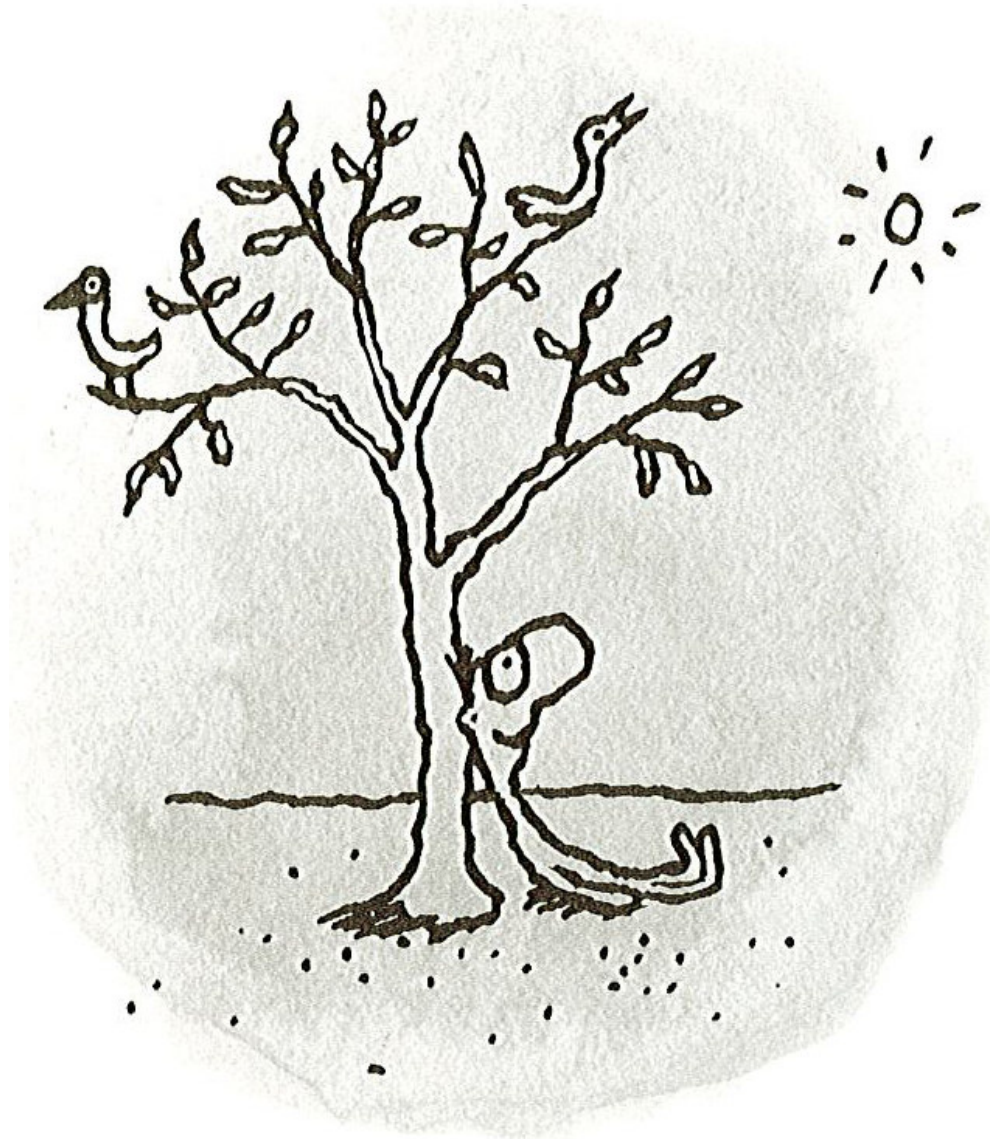


The Everyday Retreat

Week 2 – Experiential Prayer



Lewis

29th June – 5th July

Experiential prayer

One suggested way of praying is to use all of the senses we have been given to experience a story in the Bible. This is particularly effective method when reading the Gospels, but can be used with other Bible readings.

Read a passage from the Gospels. Read it a few times, without analyzing. Go to a place where you will not be disturbed. Still your mind with a short prayer, or perhaps by reading the passage again.

Picture the reading. Picture Jesus. Picture the crowd or the disciples. Let the picture be present as if it were present to you now. Picture yourself in the scene. Hear Jesus talking to the crowd or to the disciples. Hear him talking to you as one of the disciples or as a member of the crowd. You may also be able to experience the story by imagining the smells and experiencing the feel of the ground beneath you, or the touch of a hand. Picture Jesus talking to you. Let his words enter your heart. Talk to him as you would to any other person.

Finish your prayer time by saying the Lord's Prayer, or another prayer of your choice.

You may like to record your emotions and conversations with Jesus in a journal.

(Thanks to Vince Hurley S.J)

A Prayer of Self-Offering

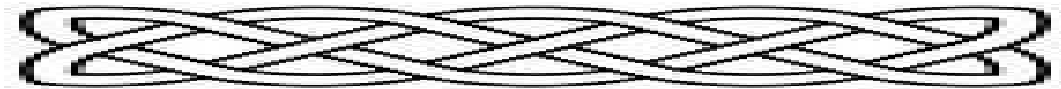
Holy Spirit, God of love,
Be present to me;
Accept the offering of myself
Which I make to you.
Receive these hands,
These feet, these eyes,
This tongue, and all my senses.
Receive my memory,
My will, my understanding,
My desires, my sighs,
the longings and the aspirations
of my soul.
Receive my every hour,
My every moment,
And all the happenings of my life.

Holy Spirit, God of love,
Knit my soul to you.
Let your love possess my whole being-
My senses, my powers,
My affections,
My very life.
Let your love rule
My labour and my rest,
My going and my staying,
And move me as it pleases.

Let your love
disquiet or comfort me,
humble or exalt me,
and burn away all my faults.

Holy Spirit, God of love,
Draw me to yourself.
Do with me what you will.
Nothing will cause me fear
if only your love enfolds me.

Brian Moore SJ.



John 1: 35-39
Matthew 9:2-8
Mark 4:35-41
Matthew 11:25-30
1 Kings 19:11-13

