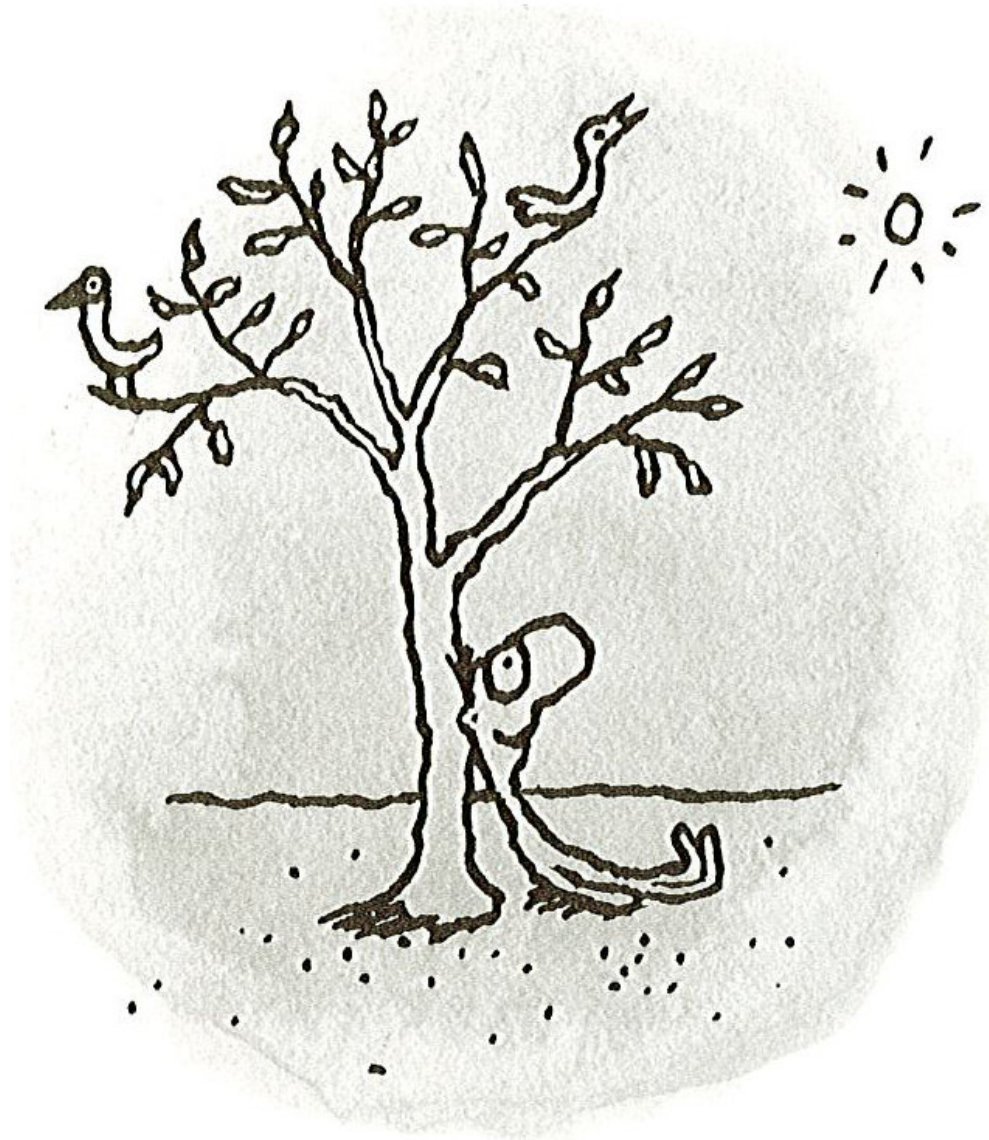


The Everyday Retreat

Week 5 – The Prayer of the Heart



Leunis

20th – 26th July

Prayer of the Heart

Sit down alone and gently move into silence.

Keep your back upright and your head erect.

Shut your eyes and begin to breathe in and out gently.

Imagine yourself slowly moving down into your own heart.

As you gently breathe in say “Lord Jesus Christ” and as you gently breathe out say “Have mercy on me”.

Say it moving your lips gently or simply say it in your mind.

Try to put all other thoughts aside.

If any thoughts or images come into your mind, gently empty the mind, while again focusing on the breathing and saying the prayer.

Be calm, be patient and repeat the process for as long as is comfortable, but no more than twenty minutes.

It is good to attempt two periods a day.

On prayer

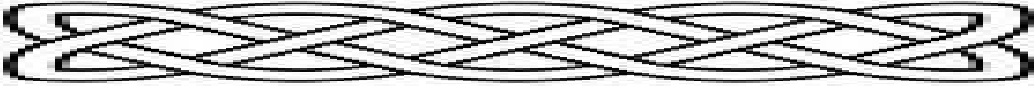
To pray is to descend with the mind into the heart and there to stand before the face of the Lord, ever-present, all-seeing within you.

Russian Mystic "Theophan the Recluse"

How do we know God?

The sheep follow the Good Shepherd because they know his voice." (John 10:4). How do we hear the voice of God? As a hectoring father, a nagging mother, a moralising preacher, a didactic teacher, a calculating accountant, a roaring sergeant-major? None of these fit. We have one certainty: that God's voice is the voice of a lover, for whom I am unique, and who knows me in my health or wretchedness, my success or my disasters. I know him by the signs of his presence in my life, as in the psalm of the good shepherd, "By quiet waters he leads me, to revive my drooping spirit." (Psalm 23)

Feb 2008 www.sacredspace.ie



Matthew 20:29-34

Matthew 12:46-50

Psalm 63:1-7

Ephesians 2:1-10

Matthew 21:33-46

