



“MATA”

MERCY, ASKING, THANKS, ADORATION...

COME ASIDE AND REST AWHILE...[MK 6:31]

ENTERING HIS PRESENCE... “SHAKE THE DUST OFF YOUR FEET”

HOLY WATER



GET YOUR BEARINGS

GENUFLECT... SITUATE

SHORT, SIMPLE PRAYER TO SET THE STAGE [Compose your own]

Eternal Father, thorough your Son Jesus Christ, and by the power of the Holy Spirit, clear my wits, open my mind and my heart and illuminate them, that by Thy Grace I might pray worthily and well during this time in the manner which is most pleasing to You, that I may better know, love and serve You...and help others to do the same.



BE QUIET! ELIJAH ON THE MOUNTAIN [1 KGS 19:9—14]... LISTEN!

MERCY

SEEK HIS **MERCY**: PHARISEE & THE PUBLICAN [LK 18:9—14]
“LORD JESUS CHRIST, HAVE MERCY ON ME A SINNER.”

ASKING

Ask Seek Knock [MT 7:7—11]

Family

Friends

Parish

Enemies

Church and our Country and All the World...

Special Intentions...

The day ahead...



THANKSGIVING

GIVE **THANKS**: THE TEN LEPERS [LK 17:11—19]

LIFE NAME VOCATION FAMILY FRIENDS HEALTH JOB

... PRAYERS ANSWERED... OTHER GIFTS AND GRACES



ONCE YOU’VE TAKEN CARE OF “**BUSINESS**”
ADORATION IS THE ORDER OF THE HOUR...



ADORATION...

AN ASPIRATION OF THE HEART—A SIMPLE GLANCE DIRECTED TO HEAVEN, IT IS A CRY OF GRATITUDE AND LOVE IN THE MIDST OF TRIAL AS WELL AS JOY; FINALLY IT IS SOMETHING GREAT, SUPERNATURAL, WHICH EXPANDS MY SOUL AND UNITES ME TO JESUS [THERESE, 242].

MENTAL PRAYER: MENTAL PRAYER IS IN MY OPINION NOTHING ELSE THAN INTIMATE SHARING BETWEEN FRIENDS—IT MEANS TAKING TIME FREQUENTLY TO BE ALONE WITH HIM WHO WE KNOW LOVES US” [ST. TERESA OF AVILA]

THREE DEGREES OF MENTAL PRAYER:

ORAL PRAYER: TO SPEAK WORDS TO GOD **EXTERNALLY** OR **INTERNALLY**

MEDITATION: TO EMPLOY THE POWERS OF THE **MIND** TO PONDER AND COMMUNICATE WITH GOD [MEMORY, INTELLECT, IMAGINATION, INTUITION]

CONTEMPLATION: **COMMUNION WITH GOD** [LK 6:12]

UNION OF ONE'S **WILL** WITH GOD'S WILL
"A SIMPLE, SILENT, LOVING "GAZE"

TO BE OCCUPIED IN THE PRESENCE OF THE LORD [LK 10:38]

THE ROSARY SHOULD COMBINE ALL THREE DEGREES: A GOOD "TRAINER"



READ SCRIPTURE: ALL SCRIPTURE IS INSPIRED... [2 TIM 3:16]

- A. READINGS FOR THE DAY'S MASS
- B. READING THROUGH THE GOSPELS [OR OTHER BOOKS OF THE BIBLE]**
- C. LITURGY OF THE HOURS
- D. A SPIRITUAL CLASSIC..... DO NOT MAKE THIS "STUDY TIME"

REFLECT: MARY TREASURED THESE THINGS & **PONDERED** THEM
[MEDITATION] [LK 2:19]

RESPOND: CONVERSE QUIETLY OR SILENTLY WITH GOD

RECEIVE: MARY **TREASURED** THESE THINGS & Pondered THEM
[CONTEMPLATION] see [LK 2:19], also MARY AND MARTHA [LK 10:38—42]
PSALM 46 "BE STILL AND **KNOW** THAT I AM GOD"
NOT MERE PASSIVITY... RECEPTIVITY MARY **TREASURED** THESE THINGS [LK 2:19]

RESOLVE... WHAT DO I NEED TO DO? [JAMES 2:17]

PRAYER IS NOT ABOUT SAYING MUCH BUT LOVING MUCH

