

An invitation INTO THE DEEP

SEVEN STEPS TO IGNATIAN PRAYER

1

PREPARE

"Whenever you pray, go into your room and shut the door and pray to your Father who is in secret" (Mt 6:5)

- Quiet your body, recollect your spirit and put yourself in the presence of God.
- We ought to seek solitude and silence in order to hear better His mysterious whisperings in our heart.

2

PLAN YOUR MEDITATION



Have prepared one to three points you intend to meditate upon. They can be derived from a **scripture passage**, a **spiritual book** or **talk**, or even the **events of daily life** through which God has spoken to you.

3

MEDITATE

Beg God to order your thoughts and enlighten your mind, and then *"seek His face" (Ps 104:4)* by pondering the points you have prepared.

4

CONTEMPLATE

Your task here is to move your heart to react to the truth your understanding has beheld, using it to fuel acts of love of God, praises of His works, desires to practice virtue, etc.

5

SPEAK WITH GOD

On the basis of what you have contemplated, with humility and candor open your heart in conversation with God.

*Praise God
Ask pardon
Beg Him for graces*

6

MAKE A RESOLUTION

In God's presence and relying on His grace, make a concrete resolution for that day or the next on the basis of the subject of your prayer and your current spiritual goals.

7

EXAMINE YOUR PRAYER TIME

Reflect on how your time of prayer has gone; ask pardon for what failings you were responsible for and give thanks to God for His benefits, especially for the grace to live in His presence and for the very fact that His Spirit moved you to pray.

"Therefore I tell you, whatever you ask in prayer, believe that you receive it, and you will"

Mark 11:24

“ PRAYER IS A SURGE OF THE HEART, IT IS A SIMPLE LOOK TURNED TOWARDS HEAVEN, IT IS A CRY OF RECOGNITION AND OF LOVE, EMBRACING BOTH TRIAL AND JOY”

- ST. THERESE OF LISIEUX

“ [PRAYER] IS A TREASURE THAT NEVER RUNS OUT, A SEA THAT HAS NO SHORE, A SUN THAT FLOODS EVERYTHING WITH LIGHT, A WISDOM THAT TRANSFORMS; IT IS ... DIVINE LIFE”

- FR. PABLO MENOR, WGS, 104

? CONTEMPLATION:
(From latin *contemplan* = becoming absorbed in God's presence in prayer. *Contemplation* (the interior, spiritual life) and *action* (the active life) are two sides of devotion to God. In Christianity the two belong inseparably together.
- YOUCAT, Youth Catechism