

1) GOD SPEAKS TO US

Read and Pray with Isaiah Chapter 55.

Keep in mind:

God wants to speak to you. God has given you this time for you to listen to him.
What do you have to say to God?

For your journal or notes:

Does it seem that God is saying something in particular to me?

Is there something that I want to say to God?

Are there insights that came to me from the Scripture passage or from my prayer?

2) PRINCIPLE AND FOUNDATION

Read and Pray with Psalm 139

Keep in mind:

God has given you life that you might enjoy the deepest possible relationship with God imaginable. May you value this closeness with God above all things and find in it the love you have for others.

For your journal or notes:

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Can I truly not care about some things that others value highly (long life, wealth, fame, health) if God chooses something else for me?

Are there insights that came to me from the Scripture passage or from my prayer?

3) THE FALL

Read and Pray with Genesis 3:1-7

Keep in mind:

God has given you free will that you may love God truly, from your own choosing. You also have the freedom to turn away from God. To believe in a loving God is to believe that God wants the best for us. How important it is that that belief sink into our hearts so we readily obey what God calls us to knowing it comes out of love for us and is for our best! .

For your journal or notes:

Does it seem that God is saying something in particular to me?

Where do I struggle to put God's will above my own?

Are there insights that came to me from the Scripture passage or from my prayer?

4) WHAT SHOULD I DO FOR CHRIST?

Read and Pray with Galatians 6:7-10 and then take a crucifix or find a picture of Jesus on the cross in your home or on the internet. Pray with Jesus crucified and ask your self the three questions of St. Ignatius:

What have I done for Christ?

What am I doing for Christ?

What should I do for Christ?

Keep in mind:

There may things that you are doing for Christ that do not look like it: taking care of your family, keeping a distance from people now, maintaining a cheerful attitude, etc. If the Lord is suggesting something for you to do in the future, ask the Lord to be clear but be open to the impulses of the Holy Spirit.

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5) JESUS: GOD'S MESSAGE TO US

Read and Pray with John 1: 1-5 and Matthew 9:9-13

Keep in mind:

There is a mystery as to why God chose to become one of us, but that mystery must be surrounded by God's desire to be fully united with us. That desire is best seen in Jesus' meals which were occasions of happiness. The Lord challenges us to reach out to others with this message of appreciation to the people around us.

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6) JESUS EMBRACES OUR HUMANITY

Read and Pray with Matthew 4:13-5:11

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The Baptism of Jesus was a very important moment in Jesus' life as was the Temptation. He emerges from these experiences with a more or less clear idea of what He is supposed to do and how He is supposed to live.

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7) JESUS FORMS US INTO COMMUNITY

Read and Pray with Matthew 9:9-13 and Luke 5:1-11

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Keep in mind:

The focus of the disciples and apostles became Jesus and His message. That drew them and, only later, did they find that they had to live at peace with each other. In fact, the Lord challenged them further and called them to serve each other and to love one another as He had loved them. Their community (the early Church) became part and parcel of the message of Jesus because people would say: see how they love one another. The message of Jesus needs to be incarnated in the love we have for one another. The closer we are to Him, the closer we will be to each other.

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8) THE SPIRIT OF JESUS BRINGS HEALING

Read and Pray with Mark 2:1-12 and Mark 5:1-20

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The Spirit of Jesus brings healing. We need to bring people to the Lord for healing either through prayer or talking about what the Lord has done in our lives. We should ask the Lord for our healing. The Lord always heals us in various ways: spiritually, physically, emotionally, etc.

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9) EYES ON THE LORD

Read and Pray with Mark 6:34-44 and Matthew 14:22-32

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Keep in mind:

The disciples become the agents of the multiplication of the loaves since they distribute the bread that multiplies in their hands. Similarly, Peter walks miraculously on the water because Jesus tells him to come. In both cases, the Lord brings the disciples into His miracle. What could we do if we never lost sight of the Lord!

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10) JESUS BRINGS FORGIVENESS

Read and Pray with Luke 7:36-50

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The forgiveness that Jesus brings breaks down the barriers between God and us. It lets us forgive God if we think we have something against God. It also liberates us from sin. Finally, it fills us with happiness and we are able to walk in a world full of grace, peace and innocence.

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11) THE LAST SUPPER

Read and Pray with John 13:1-11 and Mark 14:22-25

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

In washing the disciples' feet, Jesus offers them a part of Himself: His self-emptying, His service, the very reason for His coming to us. He invites them to share in all that He is. In the Eucharist, Jesus invites them to the closest union they can have with Him. His death and the gift of His Body and Blood break down the wall that separates them from Him and from God. But at what a cost to Him!

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12) THE AGONY IN THE GARDEN

Read and Pray with Matthew 26:36-46

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

In Gethsemane, Jesus implores his apostles to watch with Him and pray. They are incapable. Does He ask you to watch or to pray with Him at this time? Jesus surrenders Himself into the Father's hands, into the will of His loving Father. Can you do the same but now supported and strengthened by the example and the presence of Jesus in your life? Can you do this readily, peacefully, and, almost, joyfully, knowing it unites you even more with the Him.

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13) THE PASSION AND DEATH OF JESUS

Read and Pray with all or part of Mark 14:43-15:47 or find a Stations of the Cross (written or on the internet) and pray with it

Keep in mind:

There are three responses to Jesus' suffering and death: an increase of cruelty, a horror at the scandal, and a deep compassion and love. Try to approach the Passion and Death of Jesus with deep compassion and love for Him

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14) THE RISEN CHRIST

Read and Pray with John 20:11-18

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

St. Ignatius Loyola asks us to imagine Jesus' visit to His Mother on Easter Sunday. We also have in Scripture His appearance to Mary Magdalene. In both of these visits, we can sense incredible joy and love. Let the happiness of these moments touch you deeply

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15) FAITH AND LOVE

Read and Pray with John 20:24-29 and John 21:15-19

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The doubt of Thomas, under the grace of Christ, yields a deeper and more complete faith. The denial that Peter made leads to a restitution in love. So for us, restored in faith and love by the Lord, we can lead lives free of anger and bitterness. Jesus continues to call us beyond our sinfulness into a deeper relationship with Him risen from the dead. And so, risen from our old lives, we embrace the new life of Christ.

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16) IMPELLED BY THE SPIRIT

Read and Pray with Acts 2:1-11

You may want to use this prayer from the Contemplation to Attain Love

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You have given all to me. To You, O Lord, I return it. All is Yours, dispose of it wholly according to Your will. Give me Your love and Your grace, for this is sufficient for me. Amen.

Keep in mind:

The Spirit of Jesus lives in the Church and in you. This Spirit is power, boldness and life. The Lord sends you into the world clothed with the Spirit. This world is not a frigid, dangerous place but rather a place filled with countless blessings that the Lord has prepared for you. Jesus waits around every corner and in every circumstance to be discovered by you.

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