

Always ask Jesus and the Holy Spirit to be with you and guide your prayer and imagination.

LECTIO DIVINA

IGNATIAN CONTEMPLATION: IMAGINATIVE PRAYER

VISIO DIVINA

PRAYER

A living conversation with God

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

Come, Holy Spirit. Teach us how to pray.

Heavenly Father, please lead me where you want me to go, show me what you want me to see, however you and you alone want to do that. Jesus, please fill me with whatever it is I really need right now, and please empty me of whatever it is I really don't need or is in your way.

Please grant your total peace and protection, in and around me and around this room.

In your name Jesus, I ask this through Mary.

Come Holy Spirit...

5-in-1 Prayer Method

The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: **blessing, petition, intercession, thanksgiving, and praise.**

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BLESSING

Divine Praises

PETITION

Forgiveness: Asking for forgiveness for our sins.

Answering Jesus: "What do you want me to do for you?"

INTERCESSION

Who prays for me?

Who needs my prayers?

THANKSGIVING

What am I thankful for in my life?

What am I thankful for today?

Thanksgiving _____ the _____.

Thanksgiving _____ in the _____.

Thanksgiving gives _____ for the _____.

PRAISE

Who are you a fan of? What is so great about Him?

Title for God

Greatest/ Highest Attribute

_____ you are _____.

_____ you are _____.

_____ you are _____.