

Guidelines to Prayer

TO BEGIN pray with these 4 steps. They will be very useful because without them there is no real prayer. If you get distracted, come back to God and repeat these slowly with your heart. If you receive consolation at any time, stay there with God (not forcing yourself to “finish”).

1. Place yourself in the Presence of God with an **ACT OF FAITH.**

All your prayer depends on your faith. Faith is a knowledge that is possessed with an absolute certainty. Begin believing in His Presence: **“God his here with me. I put myself in His Presence.”**

2. Purifying intentions.

Direct all your thoughts, desires and actions towards Him. Try not to seek yourself but Him. It is an act of charity putting God first in your heart.

3. Act of Humility.

Be aware of who God is and who are you. Compare His humility to your pride, His Power and your weakness, His love and your selfishness, His Wisdom and your shortcomings, His beauty and your spiritual ugliness.

Humility is to walk in the truth.

4. Act of Trust.

Confidence or trust together with humility are the two legs that enable us to walk in the spiritual life. The more we have of these, the more we advance in the spiritual life. Never will we have enough trust in the Goodness of God, who is so Merciful and Omnipotent. The more we trust, the more we will receive. **We receive in the measure we trust.**

PETITION: “My God, You are the fulfillment of all desires. Teach and help me to open my desires to you, so I can live from your love and toward union with you.” Make a resolution.

MEDITATION: Refer to Daily Prayer Meditations.

COLLOQUY / DIALOGUE (ask for the grace in this meditation to):

Mary. Mary is always living from the love of God (*full of grace*), and longing for union with God (*my spirit rejoices in God*). Pray a Hail Mary.

Jesus: I am coming from God. *These are written so that you may come to believe that Jesus is the Messiah (Anointed), the Son of God, and that through believing you may have life in his name.* (John 20:31) Pray Anima Christi.

God the Father: God created you for living from His love (as Abba’s child) and toward happiness. *The LORD is our God, the LORD alone. You shall love the LORD your God with all your heart, and with all your soul, and with all your might.* (Read entire passage Deut 6:4-7) Pray the Lord’s Prayer.



Way of Fire
Praying with the Heart

Session 2

Distractions - Taking Advantage of Our Flaws

Lesson Highlights

Daily Prayer Meditations

Guidelines to Prayer



*By the tender mercy of our God,
the dawn from on high will break upon us,
to give light to those who sit in darkness
and in the shadow of death,
to guide our feet into the way of peace.*

(Luke 1:78-79)

Lesson Highlights

The Distractions

We are distracted because we are attracted by other things, relationships, that distract us from God.

The Problem of distractions is not in our mind but in our desires.

If we change our desires, we can stop our distractions.

Distractions are a school for knowing ourselves. They are good for knowing our desires, fears and worries that are before God, which do not let us grow in love and joy as humans.

We have **two desires that rule our existence**, behavior, feelings, emotions and all the other desires. The **desire of being loved and the desire of happiness.**

Whatever is in our head is caused by these two desires.

The Desire of Being Loved (liked, recognized, approved, accepted, renown, famous, popular, valued, better than..., desired)

These desires existed in our relationship with our parents. It was good when we were little; but when we grow, instead of placing our desires in God, we place them in the world. This is selfishness. It makes us slaves of others and what they think about us.

Being Christian is opening this desire to the love of God, to His Mercy. We open only to His Mercy because the desire of being loved rules our behavior. If this desire is not in God, it places us always in selfishness and self-centeredness (with the 7 deadly sins). The only way of conquering it is opening to God exactly what is separating us from God, from our identity and from loving others.

The Desire of Happiness depends on the desire of being loved. If the desire of being loved is not in God, then the desire of happiness is not in God. And then there is no charity, which is the goal of faith and hope.

Now you need to open to God whatever is separating you from God, and move your will to place these two desires in God.

Daily Prayer Meditations

Sunday, June 4 - Intention: **Paying attention to what is distracting me, I write down whatever takes me from the present.**

Luke 1:68-75 Jesus has come to save us from fears, worries...

The Lord God of Israel has raised up a mighty savior for us to rescue us from the hands of our enemies, that we might serve him without fear, in holiness and righteousness before him all our days.

Monday, Jun 5 - Intention: **Open to His Mercy. "He doesn't love me because I am good, but because He is Good and able to make me better, if I open to His love and power."**

Eph 2:4-8 God The Father of Mercies

God, who is rich in mercy, out of the great love with which he loved us, shows the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God.

Tuesday, Jun 6 - Intention: **"I open my desire of being loved to God, only He can fulfill it."**

Jn 7:37-38 I am the desire of your heart, the longing of your soul

Jesus cried out, "Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'"

Wednesday, Jun 7 - Intention: **"I open my desire of happiness to God." He is infinite Happiness and the Source of all happiness.**

Deut 6:4-6 God is the only God, don't create other gods

You shall love the Lord your God with all your heart, and with all your soul, and with all your might.

Thursday, Jun 8 - Intention: **I use what I have for opening to God. He knows it, He is my Savior. "I bring everything to His healing love."**

2 Cor 12:9 Your weakness is your power before God

My grace is sufficient for you, for power is made perfect in weakness.

Friday, Jun 9 - Intention: **I open my heart and ask for the fire that transforms wounds.**

Luke 12:49 He will baptize you with the Holy Spirit and fire.

I came to bring fire to the earth, and how I wish it were already kindled!