

## Guidelines to Prayer

**TO BEGIN** pray with these 4 steps or dispositions. 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 your faith. Faith is a knowledge that is possessed with an absolute certainty. Begin believing in His Presence: *“God is here with me. He is Almighty. He is my Father. He loves me. He is guiding me.”*

### 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. *“I am only looking for Your Will.”*

### 3. Act of Humility.

Be aware of who is God 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.** *“God has looked at the humility of Mary” (Lk 1:48). “God looks for my humility.”*

### 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. Have courage!**

**PETITION:** “O God, you desire truth in the innermost being; therefore teach me wisdom in the secret of my heart. Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me (Ps 51:6, 10-11).”

**MEDITATION:** Refer to Daily Prayer Meditations.

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

**MARY:** Mary, your Virginity is the expression of your purity. You had only one desire all along your life: God. Give me a pure heart. **Pray a Hail Mary.**

**JESUS:** Jesus, give me the only desire you had, the Will of the Father. **Pray Anima Christi.**

**GOD THE FATHER:** My Father, You can be adored only in spirit and truth, because You are Spirit and Truth. Give me the grace of looking only for Your glory and not mine. **Pray the Lord’s Prayer.**

**RESOLUTION:** I pray to love God with all my heart, soul & strength. Deut 6:4-8



*Way of Fire*  
Praying with the Heart

## SESSION 5

### PURITY OF INTENTION: A CLEAN EYE

Lesson Highlights

Daily Prayer Meditations

Guidelines to Prayer



*You will serve other gods made by human hands....  
From there you will seek the LORD your God,  
and you will find him if you search after him  
with all your heart and soul.*

Deut 4:28-29



## Lesson Highlights

**Purifying intentions: Look only for God, not for yourself or your feelings.**

- \* *By purity of intention* which **consists in seeking the true end of man.**
- \* *With simplicity of vision* as the baptized person seeks **to find and to fulfill God's Will in everything**, looking only for union with God that is achieved only in doing His Will. (cf. Mt 6:21-24; 7:21-23)

The baptized must continue to **struggle against concupiscence of the flesh and disordered desires, selfish attachments, that separate us from God and His Will.** (cf. Gal 5:13-24; Rm 8:1-14; 1 P 1:13-16)

**Purifying your intention and heart is not for God, it's for you.** He knows. Either you are looking for Him or you are looking for yourself. You choose.

**God knows everything, He is Omniscient, which means that all things are patent to Him.** "Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; **it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account**" (Heb 4:12-13). (cf Ps 139) **He loves you exactly as you are - always.** He loves you with Mercy—so with a special love in your weakness—but He needs truth and purity in your desires. He needs you to not deceive yourself. He wants to bring you to Him. In order to do that, He needs you to look for Him and not for yourself.

**WHEN I PRAY, AM I LOOKING FOR HIM OR FOR ME?** AM I LOOKING FOR FEELINGS OR CONSOLATIONS, OR AM I LOOKING FOR THE WILL AND UNION WITH GOD?

**"Blessed are the pure in heart, for they shall see God"** (Mt 5:8). Purity of heart will enable us to see God: it enables us even now to see things according to God, to recognize Him everywhere.

**"Pure in heart"** refers to those who have attuned their intellect, affections and will to the demands of God's Will and holiness, chiefly in three areas: charity (cf. Deut 6:4-6; Mt 22:36-40; 1 Tim 4:3-9; 2 Tim 2:22); chastity or sexual rectitude (cf. 1 Thess 4:7; Col 3:5; Eph 4:19); love of truth and orthodoxy of faith (cf. Titus 1:15; 1 Tim 1:3-4; 2 Tim 2:23-26). There is a connection between purity of heart, of body, and of faith.

**The "pure in heart" are promised that they will see God face to face** and be like him (Cf. 1 Cor 13:12; 1 Jn 3:2). **Purity of heart is the precondition of the vision of God.** Even now it enables us to see according to God, to accept others as "neighbors". It lets us perceive the human body—ours and our neighbor's—as a temple of the Holy Spirit, a manifestation of divine beauty. Because of original sin, our desires are turned toward ourselves. Purifying intentions is turning our desires to the only One who can fulfill them: God.

## Daily Prayer Meditations

**Sunday, June 25 - Intention: I purify my heart from self-centered desires. I don't look for myself, I look for Him.**

**The more you purify your heart, the closer you will be to God.**

God desires the smallest degree of purity of conscience in you more than all the works you can perform. (St. John of the Cross)

**Monday, June 26 - Intention: I renew my love to God.**

**The one who loves God, loves all that is good and only what is good.**

Hear, O Israel: 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. Keep these words that I am commanding you today in your heart. (Deut 6:4-6)

**Tuesday, June 27 - Intention: I consciously desire union with Him.**

**The more you desire God, the more He will come to union with you.**

How lovely is your dwelling place, O Lord of hosts! My soul longs, indeed it faints for the courts of the Lord; my heart and my flesh sing for joy to the living God. (Ps 84:1-2)

**Wednesday, June 28 - Intention: I seek God, only God.**

**Those who seek God with pure intention will find Him.**

Blessed are the pure of heart because they will see God. (Mt 5:8)

**Thursday, June 29 - Intention: I place my delight only in God.**

**Rejoice in the Lord, rejoice always in the Lord.**

Take delight in the Lord, and he will give you the desires of your heart. (Psalm 37:4)

**Friday, June 30 - Intention: I do not look for feelings. I look only for His will and loving Him.**

**If you embrace the cross of whatever trial, suffering, bad mood or difficulty inside you, then you will conquer everything inside you.**

God values in you the inclination to dryness and suffering for **love of him** more than all the consolations, spiritual visions, and meditations you could possibly have. (St. John of the Cross)