

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 is 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 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.

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: Jesus I trust in You. I need You, my God. I need Your love, strength, wisdom and graces. Pour them into my heart according to Your love. I know that no one who truly trusts in You has ever been disappointed.

MEDITATION: Refer to Daily Prayer Meditations.

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

Mary: You are the incarnation of hope. From God’s Love and Power, you awaited the accomplishment of His promises to Israel, and in you was accomplished the Power of the Holy Spirit. Pray a Hail Mary.

Jesus: The biggest sin is to despair of Your Mercy, my Jesus. Do not ever let me distrust Your love for me—never, whatever happens, even when I sin. Pray Anima Christi.

God the Father: Being a child of God is trusting in You my Father, with a bold trust I put all my hope in You and only in You. Pray the Lord’s Prayer.



Way of Fire
Praying with the Heart

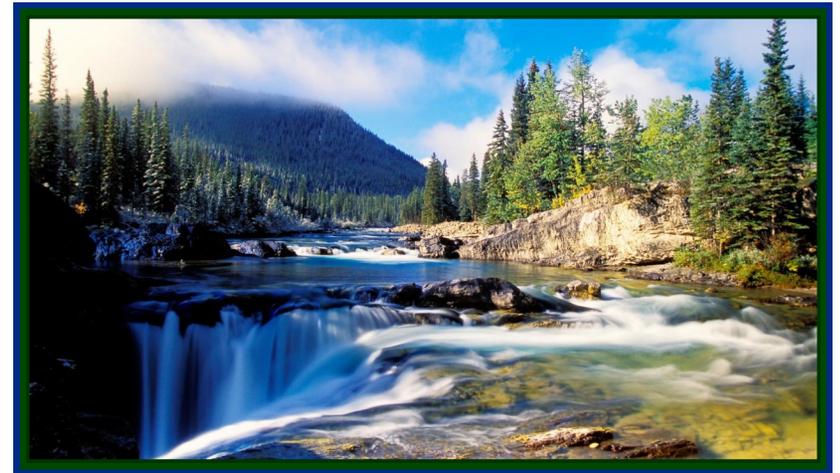
SESSION 3

TRUST: OUR POWER BEFORE GOD

Lesson Highlights

Daily Prayer Meditations

Guidelines to Prayer



*Trust in the Lord forever,
for in the Lord God you have an everlasting rock.*

Isaiah 26:4

Lesson Highlights

Trust, Confidence and Hope

Trusting in God means putting all my expectations and desires in His grace and love, and in union with Him.

Trusting is not about the future; it is about the present. I trust for being holy here and now in the Power and Mercy of God. The future is in the divine and loving Providence of God, so I don't worry. I know that everything is in His Almighty Power. I live the present with total abandonment in His Will.

Trust is founded in two divine attributes: His Infinite Mercy and His Almighty Power, so we never will trust enough.

Distractions, as we learned, are related to our desires. Trust moves our desires toward Jesus.

The **two essential features of a child are humility and trust**. A healthy child **accepts and wants his dependence** on his parents, and wants their love (humility) and trust - everything from the parents. That is the reason he is always in the present moment, wondering and rejoicing in reality. He doesn't think, he learns.

“Hope [trust or confidence] is the theological virtue by which we **desire** the kingdom of heaven and **eternal life as our happiness**, placing our trust in Christ's promises and **relying not on our own strength, but on the help of the grace of the Holy Spirit**.”

“The virtue of hope **responds to the aspiration to happiness** which God has placed in the heart of every man; **it takes up the hopes that inspire men's activities and purifies them** so as to order them to the Kingdom of heaven; **it keeps man from discouragement**; it sustains him during times of abandonment; it opens up his heart in expectation of eternal beatitude. Buoyed up by hope, he is **preserved from selfishness and led to the happiness that flows from charity.**” (Catechism 1817-1818)

Hope more, receive more. *“The more it [the soul] has of hope, the more it has of union with God; for, with respect to God, the more the soul hopes, the more it attains.”* (St. John of the Cross)

Daily Prayer Meditations

Sunday, June 11 - Intention: I consciously and willingly move my desires to wait, and expect from God everything I need for being holy and purifying my heart.

Trust or hope is not a feeling; it is a choice. Ps 33:18-22

Truly the eye of the Lord is on those who fear him, on those who hope in his steadfast love, to deliver their soul from death, and to keep them alive in famine. Our soul waits for the Lord; he is our help and shield. Our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.

Monday, Jun 12 - Intention: My trust in God is founded in His Mercy.

All my trust is in Your Mercy. Ps 130:1-8

But there is forgiveness with you, so that you may be revered. I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning. O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem. It is he who will redeem Israel from all its iniquities.

Tuesday, Jun 13 - Intention: My trust in God is founded in His Omnipotence.

Do I trust in His Almighty Power here and now? Eph 3:20-21

To him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory....

Wednesday, Jun 14 - Intention: I trust; it is my way of living.

If we live, we love for the Lord. Ps 62:7-8

My mighty rock, my refuge is in God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

Thursday, Jun 15 - Intention: When I trust, I let God fulfill my heart.

You are my God; only in you is my happiness. Ps 37:4-5

Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act.

Friday, Jun 16 - Intention: Hope in God is my power.

I can do everything in the One who comforts me. Is 40:31

Those who Hope in the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.