



Way of Fire

Praying with the Heart

Session 2

THE PRESENCE OF GOD, THE POWER OF FAITH

1. Lesson Highlights
2. Guidelines to Prayer
3. Daily Prayer Meditations



Let anyone who is thirsty come to me and drink. He who believes in me, as the Scripture has said, "Out of his heart shall flow rivers of living water." (John 7:37-38)

1. LESSON HIGHLIGHTS

THE PRESENCE OF GOD: " We may serve Him holy and righteous in his Presence all the days of our life. " (Lk 1:75) *I will walk in the Presence of the Lord in the land of the living. (Ps 116:9) I will be with you always (Mt 28:20) My presence will go with you, and I will give you rest. (Ex 33:14)*

Begin your prayer with an act of faith: **recognizing that God is within you (Eph 3:17; 2 Cor 13:5; Mt 6:6; Jn 15:11) and who is God.** Faith is a free act, so **a personal choice**. Faith is not a feeling, emotion or imagination. Faith is for recognizing the truth about who is God and who am I in relationship with Him. It's a personal act by which I open my heart, mind, existence at this moment to God and His reality. Do not make a general vague act of faith like, "Here you are Lord or I am before you or You are with me." **It's about recognizing who is Him, the divine attributes of the One who is more intimate to you than your own intimacy:** Father, Almighty, Creator, Infinite Mercy, Divine Providence... and all this **personalizes it** (how this truths affect me) and **actualizes it** (God who is within you is here and now all this attributes recognize it).

THE POWER OF FAITH: "This is the power that overcome the world: our faith." (1 Jn 5:4) "Resist him (Satan) steadfast in your faith" (1 Peter 5:8)
Without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who approach him. (Heb 11:6)

Be conscious that all your prayer depends on your faith.

A definition: Faith is my free and personal response to God, to His word or His revelation; which means an openness to his gifts and graces.

Faith opens us always to a **personal relationship** with God. If not, it is not faith. Faith is essentially openness to Other, to the Absolute omnipotent, openness to the Source of life, love, and happiness and Light, to his wisdom and power. **When I am not before Other and opening my existence to God, I am not acting on faith.**

The goal of faith is hope and charity, without them faith is death. **Hope** is awaiting everything from Him. **Charity** is loving God as Dt 6:4-7 says.

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 in the first place of your heart. Don't look for feelings but for God.

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, it is self-knowledge.

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: This is a resolution. For example, “I make a resolution of never doubting your love for me. My life depends on my faith: not doubting the source of every good in my spiritual life.”

MEDITATION: Refer to Daily Prayer Meditations or reflections.

FINISH WITH A COLLOQUY / DIALOGUE (ask for the grace in this meditation to)

Mary: She has lived always from the love of God, in fullness of faith. *Happy are you, Mary, because you have believed.* (Luke 1:42, 45) **Pray a Hail Mary to her.**

Jesus: All the Gospel has been 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 to Him.**

God the Father: He has Divine Providence. *Fear not, little flock, for your Father is pleased to give you the kingdom.* (Luke 12:32) **Pray Our Father to Him.**

DAILY PRAYER MEDITATIONS

MONDAY - Reflect on: **His Fatherhood and my childhood.**

“I’m Abba’s child.” This is your deepest identity. Live it!

Psalm 131 Like a child in the love of his mother

O Lord, my heart is not proud, nor my eyes haughty. But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child with his mother.

TUESDAY - Reflect on: **His mercy my weakness.** *“He loves me as I am; He can change my heart and weaknesses by His Mercy and Power.”*

Psalm 51 O God, have mercy on me

Create in me a pure heart, O God; put a steadfast spirit within me.

Do not cast me away from your presence, nor deprive me of your holy spirit.

WEDNESDAY - Reflect on: **He is Almighty. Everything is in His hands.** *“Do not let my heart go from you, loving Father.”*

Psalm 62 Waiting on God

Two things I have learned: "Power belongs to you, God, and with you, Lord, is unfailing love;" and, "You reward everyone according to what they have done."

THURSDAY - Reflect on: **He is my Creator, I am his beloved creature.** *“Let me live recognizing my total dependence on you, on your love.”*

Psalm 95 Praise of God the Creator

In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and the dry land, which his hands have formed. O come, let us worship and bow down, let us kneel before the Lord, our Maker!

FRIDAY - Reflect on: **He has Divine Providence.** *“You are my Father who takes care of me always and everywhere.”*

Psalm 100 Summoned to praise God

Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

SATURDAY - Reflect on: **He has created me for the union with Him.** *“I thirst.”*

Psalm 63 A soul thirsting for God

O God, you are my God, for you I long; for you my soul thirsts. My body pines for you like a dry, weary land without water. So I gaze on you in the sanctuary to behold your strength and your glory.