



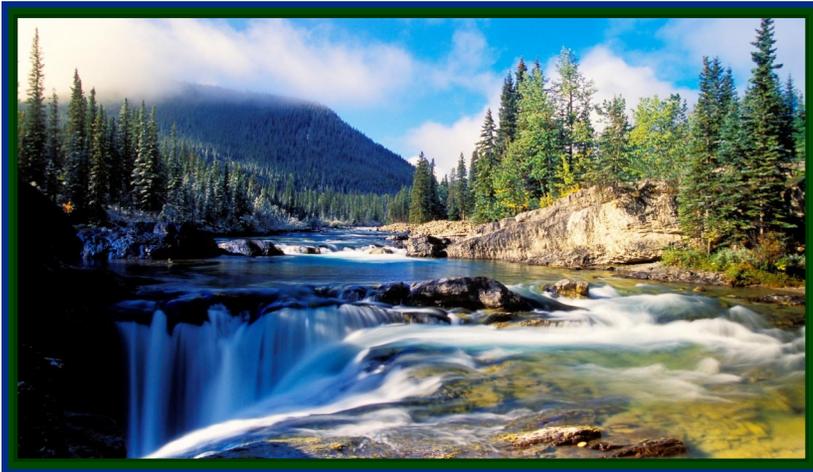
Way of Fire

Praying with the Heart

Session 4

LOVE: THE PURE OF HEART WILL SEE GOD

1. Lesson Highlights
2. Guidelines to Prayer for every day
3. Daily Prayer Meditations



The eye is the lamp of the body. So, if your eye is clean, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! (Matthew 6:22-23)

1. LESSON HIGHLIGHTS

Purifying intentions: Look only for God not for you our feelings

- By purity of intention which **consists in seeking the true end of man**: with simplicity of vision, the baptized person seeks **to find and to fulfill God's will in everything**, looks only for the union with God that is achieved only in doing His will. (cf. Mt 6:21-24; 7:21-23)
- Everyone who wants to grow must continue to **struggle against concupiscence of the flesh and disordered desires, selfish attachments, that separate us from God and His love and will**. (cf. Gal 5:13-24; Rm 8:1-14; 1 P 1:13-16)
- Purifying my intention and heart is not for God is for me. He knows our hearts. (Jer 17:5-10) Or I am looking for Him or I am looking for me. We choose.
- *God knows everything, He is Omniscient, that 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."* (Hb 4:12-13; Ps 139).
- **He loves you always exactly as you are**. He loves you with Mercy so with a especial love in your weakness, but **He needs truth and purity in your desires**. He needs me to **don't deceive myself**. He wants to bring you to Him, but He needs for that, that I look for Him and not for me.
- **When I pray, am I looking for Him or for me?** Am I looking for feelings or consolations or I am 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. **If we don't want to be pure we can't pray**.
- 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.
- Our desires are, because original sin, turned toward ourselves. **Purifying intentions is turning my desires to the only One who can fulfill them**: God.

GUIDELINES TO PRAYER EVERY DAY

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: ACT OF LOVE.

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 or Hope.

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: 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..

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

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

Jesus: Jesus, gave me to have as you only one desire, the will of the Father. *Pray Anima Christi to Him.*

God the Father: My Father, you can be only adore in spirit and truth, because you are Spirit and Truth, give me the grace of looking only for your glory and not mine. *Pray Our Father to Him.*

DAILY PRAYER MEDITATIONS

MONDAY - Reflect on: **Purify your heart from other desires self-centered, don't look for you look for Him, He loves you.**

More you purify your heart 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)

TUESDAY - Reflect on: **Renew your love to God.**

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. (Dt 6:4-9)

WEDNESDAY - Reflect on: **Desire consciously the union with Him.**

More you desire God 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)

THURSDAY - Reflect on: **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)

FRIDAY - Reflect on: **Put your delight in God only.**

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)

For where your treasure is, there your heart will be also. (Matthew 6:21)

SATURDAY - Reflect on: **Don't look for feelings look only for His will and loving Him.**

If you embrace the cross of whatever trial, suffering, bad mood or difficulty is inside you 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).