

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 on my 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 your Father, He loves you.”*

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. “God has looked the humility of Mary” (Lk 1:48)**

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 help me to glorify you with my body, that all my movements, gestures and actions revere and honor you and reflect the mystery of your love and your truth. .

MEDITATION: Refer to Daily Prayer Meditations.

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

MARY: Mary you are blessed among women, and blessed is Jesus the fruit of your womb, help me to understand the mystery of my body as dwelling of the Holy Spirit. **Pray a Hail Mary.**

JESUS: You take a body as us for teaching us to adore and love God through our body. **Pray Anima Christi.**

GOD THE FATHER: You’ve made my body a Temple of You, let me love you with all my body and affections, with all my heart. **Pray the Lord’s Prayer.**

RESOLUTION: Never do a prayer without involving love and desires.



Way of Fire
Praying with the Heart

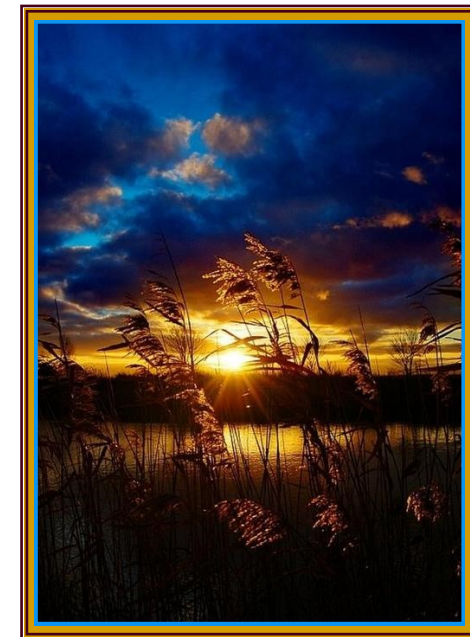
SESSION 1

MOVING THE HEART NOT ONLY THE HEAD

Lesson Highlights

Daily Prayer Meditations

Guidelines to Prayer



These people honor Me with their lips, but their hearts are far from Me. They worship Me in vain (Mt 15:8)

Lesson Highlights

Moving the heart not only the head.

We don't have a body, we are our body. Our body is a language, the language of my person. Or we pray with the whole body or we don't pray well.

The heart is the core of our lives, when we pray we need to move our hearts. We can use our reason but for moving our heart and will.

Saint Ignatius of Loyola talk about **affecting myself**, move my feelings and emotions in prayer. The will is move by the truth, by the true good and the will is capable of transforming our affections, feelings, emotions...

When you meditate try to move the heart. We move the heart when we are before other, when we try to get in a deeper relationship with Him. Love is the essential movement of the heart, make act of love, of adoration, of praise, of thanksgiving, of humility, of offering yourself and trials or dryness...

Prayer is for moving our heart, for opening our existence, our desires to the love of God. Try to **orient your desire of being loved toward the only One who can fulfill that desire**, God, the Source of love. *"Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food."* (Is 55:2) God is Love and *"love is from God the one who loves is born from God and knows God"*. (1 Jn 4:7; Jn 15:9)

Try to put your desire of happiness in the only One who can fulfill it, God. Try to **desire the union with God that is happiness itself**. He is infinite Beatitude and the source of all bliss. Hope is to put my happiness in God. (look Catechism 1817-1818). Charity is rejoicing in God, infinite Goodness and happiness, is delighting in God because He is happiness and the fountain of every true happiness. This is so important that is the goal of every spiritual life, the first commandment and charity itself which is the goal of faith and hope.

God wants to do amazing things in you: *"I pray that, according to the riches of his glory, he may grant that **you may be strengthened in your inner being with power through his Spirit**, and that **Christ may dwell in your hearts through faith**, as you are being **rooted and grounded in love**. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and **to know the love of Christ that surpasses knowledge**, so that you may be filled with all the fullness of God. **Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine"** (Eph 3:14-20)*

Move your heart toward Him, move your desires toward Him and God will act in you. Use your body for expressing your attitudes, desires....

Daily Prayer Meditations

Monday - Intention: Giving thanks to God; create a grateful heart. Give thanks for the gifts of creation, of redemption and personal gifts.

The more grateful you are the more gifts God will pour in you.

It is good to give thanks to the Lord and to sing praises to Your name, O Most High. (Ps 92:1)

Tuesday - Intention: Declare your love to God.

Make and explicit and conscious act of love to God using the first commandment.

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. (Deut 6:4-7)

Wednesday - Intention: Offer yourself, your problems and trials.

Offering to God with what you have is cooperating with salvation.

By the mercies of God, offer your bodies as a living sacrifice, holy and acceptable to God, this is your spiritual worship (Rm 12:1)

Thursday - Open your heart to his love for you. Trust!

Remain in my love as the Father love me so I love you.

I have loved you with an everlasting love; therefore I have continued my faithfulness to you. (Jer 31:3)

Friday - Intention: Adore God with all your being.

Adoration is recognizing with the whole being the immensity of God.

Come let us prostrate on ground, adoring the Lord our maker, For He is the our God, and we are his people the sheep of His flock (Ps 95:6-7)

Saturday - Intention: Rejoice in God; recognize His presence in you and rejoice in His infinite Goodness, Happiness and Beauty.

Find your delight in the Lord and He'll fill the desires of your heart .

I will rejoice greatly in the Lord, My soul will exult in my God (Is 61:10). My soul shall rejoice in the Lord; It shall exult in His salvation. All my bones will say, "Lord, who is like You" (Ps 35:9)