

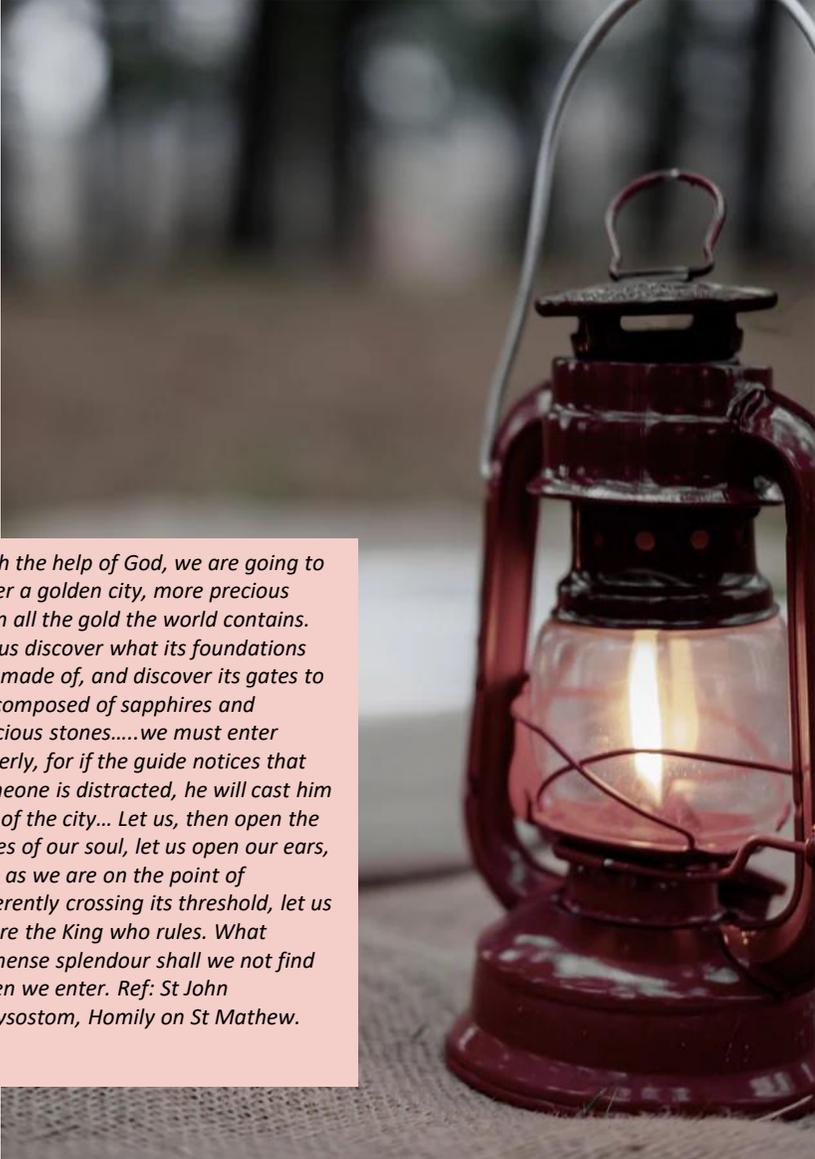
WORKSHOP: MENTAL PRAYER, GETTING TO KNOW CHRIST IN THE GOSPELS

Read the following text from our Father and consider privately the points below:

My advice is that, in your prayer, you actually take part in the different scenes of the Gospel, as one more among the people present. First of all, imagine the scene or mystery you have chosen to help you recollect your thoughts and meditate. Next apply your mind, concentrating on the particular aspect of the Master's life you are considering — his merciful Heart, his humility, his purity, the way he fulfils his Father's Will. Then tell him what happens to you in these matters, how things are with you, what is going on in your soul. Be attentive, because he may want to point something out to you, and you will experience suggestions deep in your soul, realising certain things and feeling his gentle reprimands. Ref. Friends of God, 253, St Josemaria

- i. In my prayer, do I try to speak to the Lord from the depths of my heart like our Father suggests?
- ii. What can I do to be more recollected so that I can dialogue with Jesus in peace?
- iii. Does meditating on the Lord's life, especially on the mysteries of his Cross, move my heart to love-sorrow for my sins and make me more generous?
- iv. Is my prayer contemplative?
- v. How can I help my friends and children do mental prayer?
- vi. How can I help my friends understand the Gospels better?

Ref: *Renewing ourselves by the way we do the Prayer*



With the help of God, we are going to enter a golden city, more precious than all the gold the world contains. Let us discover what its foundations are made of, and discover its gates to be composed of sapphires and precious stones.....we must enter eagerly, for if the guide notices that someone is distracted, he will cast him out of the city... Let us, then open the gates of our soul, let us open our ears, and as we are on the point of reverently crossing its threshold, let us adore the King who rules. What immense splendour shall we not find when we enter. Ref: St John Chrysostom, Homily on St Mathew.

