

One Method

Make a commitment to the prayer - twenty minutes a day for at least 30 days. Try for twice a day if you can manage it. It is best to set aside time that will not interfere with your daily schedule. Find a quiet place where distractions are minimal.

1. Sit in a comfortable chair.
Close your eyes. Relax!
2. Put yourself in the presence of God.
Many start with just a simple prayer such as: "For these few minutes I want to be wholly with you, in love, in Christ."
3. Choose a single prayer word such as "trust" and let it be gently present, supporting your surrender to God in faith-filled love.
4. Whenever you become aware of any sound, emotion or thought simply return to the Lord through the simple repetition of your prayer word.
5. When your prayer time is concluded, slowly and quietly say the Lord's prayer. Let it bring a peaceful close to your time with God.

As the prayer becomes a habit, you will grow into it and the prayers you express will become uniquely your own. Like all good habits the practice of prayer requires a commitment. Will you commit some time tomorrow to be with God in prayer?

Begin right now by asking God to help you remember your desire to begin tomorrow with Him. Tell Him you have an appointment with Him first thing in the morning.



Forms of Prayer

Prayer has many forms. Each carries an action that will initiate communication with God. Each prayer serves its own purpose and is as unique as the person expressing it.

Eucharistic Adoration -

In our contemplative adoration of Christ in the tabernacle, we look through the elements to the living reality beyond it to see ourselves being beckoned to walk the same path, from the table to the cross of our life, of service to the world.

The Jesus prayer -

This prayer lends itself to people living and working in the world. As one breathes in and out, while reciting "Jesus, Son of God have mercy on me", the breath follows the words. Repeated over and over again, the soul becomes quiet.

Stations of the Cross -

Meditating on the stations of the cross is a way of imprinting the passion, death and resurrection of Jesus on our minds.

The Rosary -

Meditating on the mysteries of the rosary we discover that they mirror for us the mystery of our own life with God through Jesus. If we allow ourselves to savor God's redemptive love revealed in the mysteries and words of the Hail Mary, we will find that contemplative stillness will eventually envelop us.

Centering prayer -

This is a method to quiet the heart, to reach a still point wherein we can attend to the Word of God. Our personal preoccupations and anxieties are laid to rest. Keep in mind that the action of the Holy Spirit is not always sweet consolation and delight. We are called to many things.

Lectio Divina (sacred reading) -

This is a quiet, reflective and slow reading of a chosen passage of sacred Scripture. There is a lively belief in God's presence in sacred Scripture and a willing trust that God's Word will enter into and rest in the depths of a soul that is open and docile.

A contemplative life style is our natural, religious heritage.

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Directions

From Rt. 22: Take Rt. 33 **south**. *Get off at the 1st exit (Wm. Penn Highway) turn left, go approximately 1/4 mile, turn left onto **Chipman Rd.** continue on to stop sign and continue on to Retreat House, hidden from view, entry is on the right.

From Rt. 78: Take Rt. 33 **north** to second exit (Wm. Penn Highway), turn right, continue onto Chipman Rd. as above.

From the West via Rt. 80 in PA.

Take Rt. 80 east to **Rt. 33 south** exit. Take 1st exit (Wm. Penn Highway) turn left, go approximately 1/4 mile, follow as above. *

From the East via Rt. 80

Take Rt. 80 west into Pennsylvania to **Rt. 33 south** exit, then follow directions as above.*

From Philadelphia area or PA Turnpike

Take NE extension of the PA Turnpike exiting at the Lehigh Valley exit (Allentown/ Bethlehem/Easton.) Turn right after the toll booth onto **Rt. 22 east** toward N.J. Continue east to **Rt. 33 south** exit. Take 1st exit off Rt. 33 south (Wm. Penn Highway) then follow as above.*

Saint Francis Retreat House



Prayer of the HEART

*An Introduction to
Contemplative Prayer
with
Brother Mark Ligett, OFM
and Betty Power, CPM
Thursday Mornings
9:30 - 11:30
Ongoing*

Prayer of the Heart is a silent adoration of God and has long been part of our Christian tradition. Founded on the teachings of Christ and His disciples it embraces the belief that by surrendering to God in silence we can dwell in His holy presence and be blessed by the fruits of His spirit.

Prayer of the Heart is fuel for our spirits. It is a very simple inner prayer of longing. When we seek Our Lord in this prayer, He gives us the strength to face whatever the day brings.

Prayer of the Heart is God's gift to us, a pathway that can reduce the daily stresses of life. It is a discipline aimed at bringing the practitioner to a state of inner quiet in order to be attentive and responsive to the inner movement of the Holy Spirit.

Opening the mind and heart to God is the most fundamental movement toward a life of prayer. What is essential to remember is that the words and images of our prayers must represent an inner willingness to be led, taught and purified.

Like a calming word from a friend the prayer brings us peace.

It is as simple as sitting in silence for twenty minutes and letting the Lord come into our hearts. No words are said. No petitions are raised. This is God's time and we simply come to Him, humbly, in silence.

While the prayer is simple, its impact is profound. In a spirit of complete surrender and trust we set aside our lives and offer ourselves to God in silence. We open our minds and hearts to God and allow Him to purify us and bring us closer to Him in divine union.

We will be using *Armchair Mystic* by Mark Thibodeaux, which is available in the book store for \$6.00

Please call the Retreat House and let us know that you are coming.

Free will offering