

TAKING TIME FOR PRAYER

“To pray only when we feel like it is more to seek consolation than to risk conversion. To pray only when it suits us is to want God on our own terms. To pray only when it is convenient is to make the God-life a very low priority in a list of better opportunities. To pray only when it feels good is to court total emptiness when we most need to be filled. The hard fact is that nobody finds time for prayer. The time must be taken.”

Joan Chittister, OSB,
Wisdom Distilled from the Daily, 31

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on “Where does this touch my life?”

Sharing aloud: “I hear, I see, I was struck by...”

Respond [read once]

Silence 3-5 minutes - reflecting on “How is God calling me to Respond?”

Sharing aloud: Briefly pray - spontaneously expressing your response to God’s call.

Rest [read once]

Rest in God’s grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.