

A Guide To Contemplative Prayer

Structured Prayer

Pray the Psalms or the Liturgy of the Hours. You will find a Psalm appropriate for whatever your prayer may be.

Recite the Jesus Prayer, saying repeatedly: *Lord Jesus Christ, have mercy on me, a sinner.*

Pray the Rosary and ask Mary to join you as you gaze on Christ in the Eucharist.

Read the Life of a Saint and then pray their prayer. A few of the saints with a great devotion to Jesus in the Eucharist were Therese of Lisieux, Catherine of Siena, Francis of Assisi, Dorothy Day, and Mother Theresa of Calcutta.

Unstructured Prayer

Remember that you are in the presence of Jesus. Talk to him and tell him all that comes to your mind. Share your sorrows, your fears and your joys. And consider using the ACTS method of prayer:

Adoration: Begin by praising and honoring God. You could pray a Psalm or simply declare his Holy attributes.

Contrition: Honestly assess your sins and ask God for forgiveness.

Thanksgiving: Reflect on all you are grateful for and express your thanks to God.

Supplication: Ask God for what you need for yourself and others.

Reflect and Journal

Write down your thoughts and feelings as you sit before the Blessed Sacrament. You might find it helpful to use one of the many excellent books that offer a daily prayer or reading with a journal prompt.

Bring your own book or Bible or feel free to use one from the lending library available in the atrium.

Several recommended authors include Joyce Rupp, Richard Rolheiser, Henri Nouwen, and Max Lucado, to name a few.

Eucharistic Adoration

Your Time with Jesus

What is Adoration?

During Adoration, the Eucharist is displayed on the altar so it is visible to all who come to pray.

When is Adoration?

Adoration is held in the main church on First Wednesdays, 8-9 pm and First Fridays, 8-10 am every month of the year.

What if I can't stay for the entire time?

People are free to come and go throughout the scheduled time. Even if you can only spend a few minutes in prayer, you are welcome. And if sitting in silence is a challenge for you, try setting a realistic goal to sit with Jesus for five or ten minutes and then gradually increase your time.

What takes place during Adoration?

The priest removes the Eucharist from the tabernacle, displays it on the altar and incenses the Holy Sacrament to remind us that we are in God's presence, and then he reads from the Gospel. Contemplative Adoration follows and the faithful are free to pray privately. It is their time to be with the Lord in an intimate way.

Why do I need Adoration?

Our fast-paced world often leaves us with little time to catch our breath, much less time to hear God speaking to us. Our spiritual health benefits from contemplative prayer as we form a more intimate relationship with Jesus through Adoration of God in the form of the Eucharist.

What do I do during the quiet portion of Adoration?

The only rule is that time spent in front of the Eucharist is usually in silence. Sometimes when we're busy, Jesus can't get through to us. When we've silenced the noise around us through quiet contemplation, that is when we can hear what Jesus wants us to know.

*Turn over for a
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