

GENERAL METHOD OF MENTAL PRAYER

1. RECOLLECTION i.e. Immediate Preparation (*Few seconds to several minutes*)

- Make an act of Humility
- Invocation to the Holy Spirit
- Prayer to St. Michael and Guardian Angel
- Act of faith in the presence of Mary... imagine yourself in Mary's presence.
- Act of faith in the presence of God... imagine yourself in Christ's presence.

2. CONSIDERATION i.e. Reflection or meditation... utilize the imagination.

(Don't get hung up on this. Relax) The consideration is like wood for the fire. Stir it up.

- Select a Scene from the Gospels, the Passion, a mystery of the Rosary, or a theological truth. *(If necessary read the text and then do your reflection.)*
- Reflect on Who, What, Why... try to imagine the scene as if you are there.
- Put yourself in the scene or imagine as it's happening in front of you.
- Talk to Christ or His Mother there in that scene or about that scene.

3. CONVERSATION i.e. THE MOST IMPORTANT THING

- Talk to Christ about what is on your mind and heart. Get it all out.
- Petition Him for the graces you need. Petition for others.
- Be still. Be silent. Look at Him and let go.
- Let Him respond. Let him teach you.
- If the conversation falters return to the consideration "to put another log on the fire." Then return to your conversation.
- Make resolutions with Christ. Ask for the grace to follow through and to keep his presence.

REMEMBER: Mental prayer is a framework for an encounter with Jesus Christ. The main point is that you love Christ and spend time with him. The method is a guideline. If at any point God gives you His grace and begins to work... let go and follow his lead. Try to use the imagination, but it's ok if it's a vague image. Daily mental prayer is essential. Recollection is essential in all prayer and for the practice of the presence of God in your daily duties.