

10. Making a plan for daily prayer.

1. Start by choosing a time and place to pray when you are not tired and you can be free from distraction and noise.

St. Matthew gives us the following advice from Jesus:

'And when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.' (Matt. 6: 5-6)

The secret place that only you and the Father knows is your heart. Through a short meditation put yourself into Jesus' presence in your heart. Then in the secrecy of your heart talk to Father, Son and Holy Spirit, who will meet you there, as they met the Israelites in their desert wanderings, at the tent of meeting. God makes his home in our hearts at our Baptism. He waits for us there.

Make an examination of your life and ask God to help you change those things which must be changed, and promise to go to confession as soon as possible for any serious matter which is on your conscience.

2. Give now to God all anxieties (name them), all problems (name them), and all struggles which take away your peace of mind. He will begin to sort them out while you continue to talk to him. When you finish saying all that you have to bring to God, open your bible and allow God to speak to you through the Scriptures. Any of the Gospels will do to begin with. When you read a revealed truth, say, 'yes Lord, I believe, and thank you Lord.'

3. Take some time now to praise our Father, Jesus our Saviour, and the gentle Spirit who will be with us and the church until the end of time, the Holy Spirit. The Holy Spirit, the third person of the Blessed Trinity, calls us out of a pre-pentecostal darkness into the wonderful light of knowledge and love of God.

Psalm 95 sums up our attitude of praise and worship to God:

Come, let us praise God joyfully,
acclaiming the Rock of our safety;
let us come into his presence with thanksgiving,
acclaiming him with music.

For our God is a great Father,
a greater King than all other kings;
from the depths of the earth to the mountain top
everything comes under his rule;
the sea belongs to him, he made it,
so does the land, he shaped this too.

Come in, let us bow, prostrate ourselves,

and kneel in front of God our Creator,
for this is our God,
and we are the people he pastures,
the flock that he guides.

Sit quietly in God's presence and let his unbounded love touch your heart.
'Enough for me to keep my soul tranquil and quiet like a child in its mother's arms, as
content as a child that has been weaned.' (Psalm 131: 2)

4. Pray now for the world, for the church, for the needs of your family, your friends, and yourself.

5. If there are thoughts you wish to remember, write them down. Keep one thought in mind for the day which will keep you close to God the Father, Son and Holy Spirit. Carry out an act of kindness today. To all the questions of life, God's love is the answer.

6. End with a prayer of praise or a prayer of thanksgiving:

God, we praise you:

Father all powerful, Christ Lord and Saviour, Spirit of Love.

You reveal yourself in the depths of our being,
drawing us to share in your life and your love.

One God, three Persons, be near to the people formed
in your image,

be close to the world your love brings to life.

We ask this, Father, Son, and Holy Spirit,

One God, true and living, for ever and ever. Amen.

Make an act of Hope.

Psalm 62: 1-2.

In God alone there is rest for my soul,
from him comes my safety;
with him alone for my rock, my safety,
my fortress, I can never fall.