

*“I thirst.”*

**Finding Quiet Time:**

- Use driving time – turn off the radio and pray (talk to God, say a Rosary...)
- Designate a room in your home that can be your quiet space; no other activities should take place there while praying.
- Rise early and take advantage of this peaceful, quiet and undistracted time of day.
- Don't put off – make the time, take the time.
- Step away from current/hot issues – and turn them into prayer time.
- Church – arrive before Mass or stay after... or stop by during the week.

**Finding Inspiration and Making the Most of Prayer Time:**

- Ask the Holy Spirit to help us.
- Seek to move towards greater love of God. Give praise and honor to God.
- Play prayerful music while readying to pray; create a prayerful environment, for example with candles.
- Select a book of the Bible, each day read one chapter. If a particular verse speaks to you, pencil-check or underline. Reflect on and/or read out loud. Use it to:
  - help connect and respond to a current situation
  - begin your prayer times
  - reference it again in the future and allow you to reflect further
- Use a Bible quote/reference or meditation booklet each day; pause for a few moments before the day gets going. Try to reflect on during the day.
- Think through and about the Rosary mystery
  - Be a companion to what is unfolding in Scripture.
  - Participate in and/or observe the mystery – place yourself within the mystery – What do you see unfolding? What if you were there? Is there an analogous to your life circumstances today? How does the mystery come to life? What can we learn and apply from it? How can we be with Christ and/or Mary in their journeys?
- Interpret and experience Scripture, beyond solely learning it; slow down and read with focus and intensity.
- Prayer is unique to each person; do not put pressure on yourself to “do it right”.
- Experiences of dryness in prayer following periods of deep and fruitful prayer: this is OK and will likely come as we go deeper into prayer. This happened to many mystics, such as Mother Theresa.
- The encounter is up to God, but you have to show up. Understand, accept, trust.

**Prayer Opportunities:**

- Lectio Divina – Scripture as prayer – God speaking to us (not just a story from long ago and far away)
- Prayers – Holy cards and formal prayers
- Devotional prayer – for example, the Rosary and the Divine Mercy Chaplet
- Observing God's greatness in nature and reflecting on it
- Observing God's greatness in others and being grateful for it
- Being Christ to others – prayer in action – our gifts that can be shared
- The Mass is prayer and reflects a dialogue between God and the faithful
- Adoration – join Adoration at church or visit an Adoration chapel
- Individual and communal prayer are important.