

# Daily Meditation

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate daily meditation.*

**INTRODUCE TOPIC & SCRIPTURE: James 4:8 "Draw near to God, and he will draw near to you."**

**BREATH-WORK & GRATITUDE**

**BODILY PRAYER VERSE: (Psalm 62) "Rest in God alone, my soul."**

**MEDITATION:** "When you spend time with Our Lord in prayer but have no profound thoughts or feelings, do you worry if the time of prayer was good or bad? One obstacle to prayer is to worry too much about whether we are doing it right or not. The fact is, as Teresa of Avila says, that mental prayer or meditation is nothing else than a close sharing between friends; it means taking time frequently to be alone with him who we know loves us. Not every time in prayer is going to be filled with captivating ideas and strong emotions. But prayer is friendship with God and friendship grows in depth by spending time together. Most of the time we spend with friends does not result in revolutionary ideas or with a strong movement of the emotions. Yet by the fact of spending time together we become better friends. Prayer is the same. If we spend time with Jesus every day in prayer, it doesn't matter how well we think it went, because just by the very fact of intentionally spending time with God we grow closer to him. Just persevere in time with him – that's all we need to do."

In the book, *Time for God*, Jacques Philippe says that what matters in mental prayer is not so much what we do, as what God does in us. It is enormously liberating to know this, for sometimes we can do nothing at all in mental prayer. Really, though, it doesn't matter much, because even if we can't do anything, God can. In fact, he is always acting in the depths of our soul, even if we don't realize it. The essential act of prayer, after all, is to put oneself in God's presence and stay there...the presence of God, is active, life-giving, healing, and sanctifying. One can't stand in front of a fire without being warmed, or stay in the sun without being tanned, and in remaining in God's presence and letting him act in the depths of our being, we are doing what really counts. If our prayer consists of nothing more than that—holding ourselves before God without doing anything or thinking of anything special, without any particular feelings, but with a heartfelt attitude of availability and trusting abandonment—then we could not do any better."<sup>3</sup>

**RESOLUTION:** (Re-read Scripture.) "The resolution flowing from our meditation is so important. As St Francis De Sales said, what good is it to read and think about virtues and never practice them. If we don't practice them, we won't change. A resolution is to choose some good action that is practical and concrete to remember and put into practice today based on your meditation. What can you do today after this meditation? Come Holy Spirit..."

**PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother God, **pray for us**; St. Joseph: **pray for us**; St. Francis DeSales or St. of the day: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

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<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Holy Family School of Faith, Rosary Meditation for December 17, 2020, *I Feel Like I am not Praying Right*. Used with permission.

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

