
P-FIT

STUDY AID #6: TRANQUILITY MEDITATION SHEET

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."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate tranquility.*

INTRODUCE TOPIC & SCRIPTURE Isaiah 30:15a *"For thus says the Lord God, the Holy One of Israel: By waiting and by calm you shall be saved: in quiet and in trust your strength lies..."*

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE Psalm 116:7 **"Lord, return my soul to its tranquility."**

MEDITATION: "Consider the surface of a lake, above which the sun is shining. If the surface of the lake is peaceful and tranquil, the sun will be reflected in this lake; and the more peaceful the lake, the more perfectly it will be reflected. If, on the contrary, the surface of the lake is agitated, undulating, then the image of the sun cannot be reflected in it. It is a little bit like this with regard to our soul in relationship to God. The more our soul is peaceful and tranquil, the more God is reflected in it, the more His image expresses itself in us, the more His grace acts through us."³

"Often we cause ourselves to become agitated and disturbed by trying to resolve everything by ourselves, when it would be more efficacious to remain peacefully before the gaze of God and allow Him to act and work in us with His wisdom and power, which are infinitely superior to ours."⁴ This is not an invitation to laziness and inaction, but rather an invitation to remain still and reflective so that we can more easily discern the prompting of the Holy Spirit, "which is a peaceful and gentle spirit."⁵ Remember, "All the good that we can do is a reflection of the Essential Good, which is God. The more our soul is peaceful, balanced, and surrendered, the more this Good communicates itself to us and through us."⁶

RESOLUTION: (Re-read Scripture.) In these quiet moments, let's allow God to calm our agitations and still the troubled waters that we find ourselves struggling against from day to day. In what area of my life am I agitated? Give it to Christ, who "rebuked the wind and said to the sea, 'Quiet! Be still!' The wind ceased and there was great calm."⁷ Jesus, remain with us.

ENDING 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, Woman Clothed with the Sun, **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Father Jacques Phillipe, *Searching for and Maintaining Peace*. Alba House, 2012. p 5. Scepter Publishers. Used with permission.

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⁴ Father Jacques Phillipe, *Searching for and Maintaining Peace*. Alba House, 2012. p 6. Scepter Publishers. Used with permission.

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⁵ Ibid.

⁶ Ibid.

⁷ Mark 4:39

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

