



Spiritual Direction

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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 the gift of spiritual direction.*

INTRODUCE TOPIC & SCRIPTURE **Matt 9: 36** *"As Jesus saw the crowds, his heart was filled with pity for them, because they were worried and helpless, like sheep without a shepherd."*

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE from Psalm 77: 1: *"I cry aloud to you God, and You hear me."*

MEDITATION: "Christ has given His Church sureness in doctrine and a flow of grace in the sacraments. He has arranged things so that there will always be people to guide and lead us, to remind us constantly of our way:³...." We have to see Christ in the person of our spiritual director. Like Christ, he will teach us, heal us and strengthen our soul for the rest of our journey."⁴

"No one can be his own spiritual director without an extraordinary grace from God. We know how little objectivity we have in looking at ourselves. The passions make it difficult, even impossible, for us to discern the right path we should be on. This is why holy Mother Church has always recommended that her children receive personal spiritual direction. If we do not take advantage of the means for guidance that the Lord puts within our reach, how can we be so bold as to expect extraordinary personal illuminations from Heaven? Jesus is ready to work miracles for souls, but He first wants to see sincerity and docility. The Lord will always give us his grace if we ask for it in humble petition."⁵

RESOLUTION (Re-read Scripture.) St. John of the Cross reminds us, "The soul that is alone and without a master, and has virtue, is like the burning coal that is alone. It will grow colder rather than hotter."⁶ Do I seek guidance from a good, holy priest or a trusted director when I am in need? Do I understand the gift our Lord gives us in spiritual direction? Lord, I am grateful that you give us so many means in which to find You and know You.

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 I do, glorify You. Mary, Most Pure: **pray for us**; St. Joseph: **pray for us**; St. John of the Cross (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 Fr. Francis Fernandez, In Conversation With God, Vol. 5, 85.2. Used with Permission.

⁴ Fr. Francis Fernandez, In Conversation With God, Vol. 5, 85.3. Used with Permission.

⁵ Fr. Francis Fernandez, In Conversation With God, Vol. 5, 85.2. Used with Permission.

⁶ Ibid.

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

