

Meditation

“God will come in his own time”

“Fix a time each day for your mental prayer. Stand, sit or kneel as you find best. Start off by turning to God. After that, it does not matter much what happens, as long as you do not allow yourself to be deliberately distracted. When you find yourself distracted, and that will be often, turn gently back. Use a book if you wish, but don’t turn the exercise into spiritual reading. Never strain yourself. All must be done gently. Do not be disappointed if you achieve nothing. Hold on. God will come in his own time.”

(Fr Eugene Boylan)

1. PREPARATION (3 minutes approx.)

- a) Act of the Presence of God
- b) Act of Sorrow & Humility
- c) Prayer to the Blessed Virgin and your Guardian Angel for the grace to make a good meditation.

2. BODY (24 minutes approx.)

- a) Reading: What have I just read?
What have I done about this in the past? What about the future?
- b) Petitions: For the grace to put into practice what was just read.
- c) Affections: Acts of love, praise etc.

3. CONCLUSION (3 minutes approx.)

- a) Act of Thanksgiving
(for the graces received etc.)
- b) Act of Sorrow (for distractions etc.)
- c) Resolution (General & Particular)

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Spiritual Communion



My Jesus,
I believe that You are present
in the Blessed Sacrament.

I would like to invite You
into my soul.

Since I cannot now
receive You sacramentally,
come spiritually into my soul.

I welcome You.

I love You.

I adore You.

I entrust myself
completely to You.

Never permit me
to be separated from You.

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