

FEBRUARY 2020
Prayer: Contemplating Jesus

“The life of prayer has its exigencies so that it will become more and more a real encounter with Jesus.” (Capitular Acts 2019 pp. 13-14)

1. As I begin my prayer, I ask for the **grace** of a deep and sincere contemplation; to look at my daily life with the eyes of Jesus.
2. “Lord, teach us to pray.” I gaze lovingly at the face of Jesus as He teaches me to pray.

It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.”² And He said to them, “When you pray, say: Father, hallowed be Your name. Your kingdom come.³ Give us each day our daily bread.⁴ And forgive us our sins, for we ourselves also forgive everyone who is indebted to us. And lead us not into temptation.” (Luke 11:1-4)

- What part of the text drew my attention?
 - I become aware of my disposition towards prayer. I pray over the quality and pattern of my prayer.
 - In what way can I say that my prayer life is formative, i.e. it affects the way I give witness and love as an SPC religious?
3. As I prayerfully read the text on prayer from the Capitular Acts 2019 pp. 13-14, I focus my attention on the following points:

A. So that our life of prayer will not be only an ideology, it is important to:

- Center our lives on Christ and on His Word. Contemplate and radiate Him to the world.
- Allow ourselves to be touched by Christ in meditation, provide spaces for personal and community silence, and devote ample time to prepare ourselves for prayer.
- Become aware of God’s abiding presence in our lives and surrender to that presence.
- Experience our rootedness in Jesus, open ourselves to the process of growth in our relationship with Him and develop creativity in our personal and communal prayer to avoid routine. Let us remember that the prayer of the Church has priority over personal devotions.
- Remain open to the Spirit by sharing the Word of God, studying the Church’s documents, listening to His voice in events and the people we meet, especially the poor and the marginalized.

- Share our personal founding experiences and get in touch with the Paschal Mystery in the history of our Congregation.
- Develop a great sense of discernment in order to be faithful and consistent in our consecrated life, cultivate inner freedom and opt clearly for a renunciation of oneself.
- Encourage a lively prayer life, nurtured by a joyful community where compassion and authentic love for our Sisters reign.

I get in touch with my feelings and ask myself, “What struck me in the text?” “What is so affirming?” “What is so challenging?” “What is so inviting?”

I consider these questions and talk about them with the Lord.

4. Focusing on Jesus’ way of praying, I re-examine the text on prayer from the Capitular Acts 2019 pp. 13-14. I consider at least three points to consciously work on for the year 2020 in order to deepen my relationship with Jesus and improve my prayer life.
5. **Points for Sharing:** I share on any significant prayer experience from the points above. As a community, we will examine our *horarium* and activities to give greater priority to our prayer life.