

# Pastoral Ministry Support

13<sup>th</sup> February 2018

Hello!

Prayer is such an important part of our faith, our spiritual journey, our relationship with God and others, our “self” awareness and our searching. Prayer, and the act of praying, comes in many forms whether it be with community, our family, or our own personal reflection.

I’ve included three forms of prayer:

**1. Lectio Divina** – Praying, reflecting and focusing on the Scriptures and what that Scripture passage says to me. We can use this form of prayer any time during the week either focusing on a favourite Scripture passage, a new or random Scripture passage or one of the upcoming Sunday’s readings or Gospel passage. Lectio Divina is a wonderful form of prayer we can especially use during Lent, Easter to Pentecost, Advent – focusing on the upcoming Sunday’s Gospel. Lectio Divina can be done for personal prayer or in a group setting. Try it!

**2. The Examen** – Praying, reflecting and focusing on ourselves in relation to where and how we see God in our lives. This Ignatian prayer can be part of our everyday discipline – to find space with God and reflect on how we see God and goodness in our life; how we can make changes within ourselves, our relationship with God and others. I’ve included three handouts for the Examen: (i) “What is the Examen”; (ii) “The Examen Prayer – The Light IS on for You”; (iii) “Reconciling God, Creation and Humanity: Ecological Examen”.

**3. Weekly Prayers for the Journey** – Praying, reflecting and focusing in moments of each day for ourselves and others. Each prayer can be repeated numerous times or used as a chant to focus our hearts and minds on God.

There are numerous forms of prayer, reflections and meditations. These are just a few. *Please pass this on to anyone you feel it could be helpful for.*

Stay tuned for more!

Wishing you God’s continuous blessings.

Take care and go gently.

Much love,

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