

SCRIPT A Come Holy Spirit, Fill the hearts of Your faithful, kindle in them the fire of Your love.
Send forth Your Spirit, they shall be created, You shall renew the face of the earth;
Through Christ Our Lord. AMEN

1/ Preparation:

Close your eyes,
sitting comfortably,
Take several deep breaths to relax,
Becoming aware of your body & of your inner world

Let's start by making the Sign of the Cross,
an Examination of Conscience
& an Act of Contrition/Confiteor

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael, the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the Saints and to you, Father, that I have sinned exceedingly, in thought, word and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary, ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, Father, to pray to the Lord our God for me.

Let's make an **Act of Faith**, something like this...

***Lord, I believe you are here with me
even though I can't see or hear you,
I believe that you have been waiting for me
and that you are glad that I am here***

3/ Intimate Sharing

As you look at Jesus in faith,
you may feel moved to speak to Him

*-You may want to ask Him for the 'Living Water'
He promised the Samaritan woman*

*-You may want to tell Him that you love Him
or to thank Him for His many gifts*

*-You may want to ask Him for a favor
or for strength to endure a trial*

(Just) speak to Him however your heart
moves you to speak

or perhaps you prefer to
just remain quietly with Jesus
looking at Him with eyes of faith and love

STOP HERE FOR PRAYER TIME

2/ Meeting the Lord

Recall that you are in Christ's loving presence
Surrender all of your cares & concerns to Him,

Remember that Jesus is as present
within you right now

As He was to the ***Gospel Figure***

As you listen to Scripture Seek to become
either a **Participant** or an **Observer** in the Scene

READ Passage of Your Choice

When you notice your mind wandering
gently bring your attention back to
Our Lord's presence within you

Simply look at Him with eyes of faith,
And in faith, know that He is looking at you,
He loves you.

4/ Conclusion

When you feel ready to
thank Our Lord for inviting you
to keep Him company today

Place all of your pressing cares & concerns
one by one in Our Lord's cupped Hands,
He wants to take them all from you!
He loves you!

Very slowly and very gradually
become aware of your surroundings

...slowly open your eyes

End with Prayer