

Script B

*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,
Take several deep breaths to relax,
Become aware of your body; of your inner world

Let's begin with 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.

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 love me*

3/ Intimate Sharing

If you feel moved to speak to Him
then do so ...

You can humbly ask Him for His friendship

if not remain quietly with so good a friend

This prayer brings many blessings, it is the path of
heaven

STOP HERE FOR PRAYER TIME

2/ Meeting the Lord

Represent the Lord Himself as close to you,

Strive to center the mind on Him
I am not asking you to think about Him
But only to look at Him,

Turn the eyes of your soul towards our Lord,
If for only a moment if you can't do more

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

4/ Conclusion

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

One by one place all
your pressing cares & concerns
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