

Script C

*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*

2/ Meeting the Lord

Imagine that within you is an extremely rich palace,

It's the palace of your soul, pure & full of virtues.

Imagine a mighty King seated
upon an extremely valuable throne
which is your heart

Direct your thoughts to what is lasting,
turn your eyes inward
and you will find your Master

3/ Intimate Sharing

Delight in speaking with Him, the prayers
from your heart,

Or just remain quietly with so good a friend

This prayer brings with it many blessings,

A great Treasure is gained by travelling this road.

STOP HERE FOR PRAYER TIME

4/ Conclusion

When you feel ready
thank Our Lord for inviting you
to keep Him company today
you will derive great benefit
from this manner of prayer

One by one place all of
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