

Script G

*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

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

Mine is the voice of one who cries
in the wilderness (Is: 40,3)

For you my body yearns
For you my soul thirsts! (Ps. 63)

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

STOP HERE FOR PRAYER TIME

2/ Meeting the Lord

Represent the Christ Himself as close to you,

Fix your eyes on Him your only good

By doing this you come to know yourself;
you learn true humility (IC 1)

A Great Treasure is had by travelling this road

4/ Conclusion

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

Very slowly and very gradually
become aware of your surroundings
...slowly open your eyes

End with Prayer