

Script H 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

<p style="text-align: center;">1/ Preparation:</p> <p style="text-align: center;">Close your eyes, sitting comfortably, Take several deep breaths to relax, Becoming aware of your body & of your inner world</p> <p style="text-align: center;">Teresa suggests that we...</p> <p style="text-align: center;">Begin by making the Sign of the Cross, Followed by an Examination of Conscience & an Act of Contrition</p> <p style="text-align: center;">As a servant of love, seek to follow resolutely, by means of this path of prayer, Him, who has loved us so much</p> <p style="text-align: center;">Strive to Represent the Christ Within</p>	<p style="text-align: center;">3/ Intimate Sharing</p> <p style="text-align: center;">Prayer is an “intimate sharing in solitude” ... an inhabited solitude</p> <p style="text-align: center;">The desire (for solitude) is continually present in souls that truly love God” (F 5:15).</p> <p style="text-align: center;">Prayer is a going towards Someone ... listening to Him”</p> <p style="text-align: center;">What better companion in prayer than the Master Himself</p> <p style="text-align: center;">STOP HERE FOR PRAYER TIME</p>
<p style="text-align: center;">2/ Meeting the Lord</p> <p style="text-align: center;">Reflect on the Passion ... of Christ from which has come and continues to come every good”</p> <p style="text-align: center;">Be determined “to help Christ carry the cross” and “not let Him fall with the cross”.</p> <p style="text-align: center;">Bear the cross of dryness or difficult prayer with courage</p> <p style="text-align: center;">This is the task, the only essential thing...</p> <p style="text-align: center;">Bearing the cross renews one inwardly</p>	<p style="text-align: center;">4/ Conclusion</p> <p style="text-align: center;">Enter the path of prayer solely with the determination to help Christ carry the cross like a good soldier, who, out of pure love, desires to serve his King at no salary</p> <p style="text-align: center;">“Embrace the cross your Spouse has carried and understand that this must be your task... (IC II 1:7).</p> <p style="text-align: center;">He will rejoice and be consoled</p> <p style="text-align: center;">“The essential” and “the best” of you “is then always with Him”.</p> <p style="text-align: center;">You need “not go out from your center”. Away from the Master.</p> <p style="text-align: center;">End with Prayer</p>