



## Ten Helps to Center Yourself for Prayer

1. Make the Sign of the Cross with love.
2. Close your eyes and ask the Holy Spirit and our Lady to help you to let go of all your worries so that you can focus on Jesus.
3. **Imagine your favorite picture of Jesus in your mind.** Tell Jesus you love Him. If you are distracted, repeat His name until the distractions go away.
4. **When you are calm, thank Jesus for His blessings.** Be specific about family, friends, health, etc.
5. **Ask the Lord's forgiveness for the ways you have disappointed Him since you last prayed.** Be specific (an examination of conscience...examine attitude, actions)
6. **If you have a question or you need help with something, tell Him.** *Expect* the Lord to answer. When you have told Jesus what is on your mind and in your heart, *be still*.
7. **Be quiet with the Lord.** Keep your favorite picture of Him in your mind. Remember, prayer does not just mean that *we* do all the speaking. Prayer is also about stillness, being with the Lord, loving and listening with the heart. If you begin to have thoughts about something that you asked Him about, pay close attention to them. See *Note*.
8. **If Jesus puts a thought in your mind to do something good, do it!** If Jesus gives you a direction, a good thought, follow His direction! The more we follow God's direction in little things, the more He will be able to show His love for us and through us, and the more we will learn to trust Him in return. Sometimes discernment is needed, particularly if we are not sure that an inspiration is from God. Talk to a trusted friend or your pastor. Sometimes discernment is necessary so that we indeed to what is right.
9. **Thank Jesus** for being with you and ask him to bless you as you go about your day.
10. **Expect God to speak to you during the day**---through other people, through nature, through your thoughts, through all of your experiences. Remember there is no such thing as a *coincidence* for the person of faith. God is everywhere, and God always speaks to us if we listen and learn to recognize the ways He is present to us.

**Note:** If you find it impossible to concentrate, do what so many saints have done over the centuries: take the Bible, open it to any part of the Gospel, and read what it says. Keep reading until something strikes you or catches your attention. Then stop and think about what caught your attention. Many people choose a 'mantra' or a word or phrase that they say slowly over and over to bring them into the Presence. "*Lord Jesus, Son of David, have mercy on me, a sinner*" is one from the 3<sup>rd</sup> century. "*Veni Sanctae Spiritus*" or "*Come, Holy Spirit.*" Whatever you pray, pray it slowly as you breathe slowly.