

A METHOD OF PERSONAL PRAYER

based on that of St. Peter of Alcantara
(cf. Eph 6:18, Phil 4:6, Col 4:2, 1 Tim 2:1)

- 1. Preparation** / • custody of the senses
(a) *Remote* → < • guard of the heart
(b) *Immediate* \ • spirit of recollection
 - adoration of the Lord (CCC 2628), focusing on His majesty, glory, transcendence, beauty, goodness, or other attributes
 - confessing my own sinfulness: Confiteor (a.m.) or Examen (p.m.)
 - asking for the grace to persevere in recollection, reverence, devotion and attention throughout my prayer time, so that it truly bears fruit in my life.
- 2. Reading** (CCC 2653-54)
- 3. Meditation** (CCC 2705-08)
- 4. Thanksgiving** (CCC 2637-38)
 - (a) *Based on preceding meditation*
 - (b) *Based on God's blessings in my life:*
 - creation
 - vocation(s)
 - conservation, providence
 - particular blessings (esp. recent)
 - redemption, forgiveness
 - hidden blessings

I can use a psalm of thanksgiving here (e.g. Ps 103; Dan 3:52-90)
- 5. Offering**
 - (a) *Of my entire self:* all my faculties, desires, plans, etc.
 - (b) *Of the merits of Christ:* in atonement for my sins and those of the whole world
- 6. Petition** (CCC 2629-33)
 - (a) *For the coming of the Kingdom* (2632)
 - (b) *For others:* Intercession (CCC 2634-36)
 - (c) *For the forgiveness of my sins* and strength to avoid future sins
 - (d) *For the virtues I need:*
 - major virtues (faith, hope, charity, filial fear of the Lord, humility, patience, obedience, fortitude, poverty in spirit, contempt for the world, prudence, purity of intention, etc.)
 - secondary virtues (temperance, control of the tongue, custody of the senses, decorum, meekness, good conduct, self-discipline, etc.)
 - (e) *For union with God in love and purity of heart*

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