

Guide to Daily Mental Prayer

REMEMBER:

Pray Early

Comfortable Place

Sacred Images

HOW LONG:

15 - 30 minutes

STEPS:

1. Set a time to pray the day before, earlier before you start your day is better, set aside 15-30 minutes
2. Pray in a good location, sacred images, quiet, and comfortable, adoration or after mass best
3. Call on the Holy Spirit to lead and guide you in your meditation
4. Read until something stands out (daily Gospel, spiritual classics, the Psalms)
5. Reflect, why is this standing out, how can I apply this to my life
6. Resolve, make a resolution, something practical you can work on
7. Thank the Lord for your time together

