**Praying with Scripture like a Friar**

You will need: a Bible, journal, and a pen

I also use my phone because I get a daily email of the readings for the day from the USCCB website.

* Relax. Take deep breaths.
* Read some scripture verses that inspire you. I wrote down a different passage for each day of the week for two weeks so I don’t repeat them as often.
* Pray for God to open your heart. I pray the following four prayers.
  1. May the Holy Spirit abide in me and may I abide in the Holy Spirit.
  2. Father, You created me and put me on earth for a purpose. Jesus, You died for me and called me to complete Your work. Holy Spirit, You help me carry out the work for which I was created and called. In Your presence and name, Father, Son, and Holy Spirit, I begin my meditation. May all my thoughts and inspirations have their origin in You and be directed to Your glory.
  3. Holy Spirit, inspire in me what I should think, what I should say, what I should leave unsaid, what I should write, what I should do, and how I should act to bring about the good of souls, the fulfillment of my mission, and the triumph of the Kingdom of Christ.
  4. Holy Spirit, open my ears to hear Your Word, open my brain to understand Your Word, open my heart to accept Your Word, open my mind to be inspired by Your Word, and open my mouth to proclaim Your Word.
* Read the Daily Gospel three times.
* Write questions that arise while you’re reading. Be imaginative, creative. Write piercing questions.
* Focus in on a smaller verse. Read it three times.
* Focus in on an even smaller verse to commit to memory. I underline this part. Read it three times. “Chew” on it.
* Pray to the Lord. Be honest with Him. Tell the Lord what you’re really thinking, how the Scripture passage impacts you, or how it doesn’t. I write all this down.
* Listen.
* Bask in the Lord’s word and presence.