



Attention

Meditate on a mystery, virtue or maxim from Scripture.

"Such a truth could have been taught us worthily only by a teacher like you, O Lord, who humbled himself to come down from heaven to earth to reveal it to us, to dissipate our darkness, and to give us a share in your admirable light."

The Method of Interior Prayer
By John Baptist de La Salle
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1 Recollection

Pause for a few minutes to remember God's presence in, with and to you.

"The principal activity of the soul in prayer that is truly interior is to fill itself and to unite itself interiorly to God."

2 Attention

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3 Thanksgiving

Review your prayer. Thank God for the experience. Offer God your promise to apply your insights to daily life.

"Accept, I beg you, my God, the desire I have to please you alone, to glorify you perfectly, and to accomplish your holy will unceasingly."

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Invocation of Mary

"Most Holy Virgin ... I beg you receive under your protection my prayer, my resolutions, and all that I have during the time of interior prayer."

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In Closing



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