

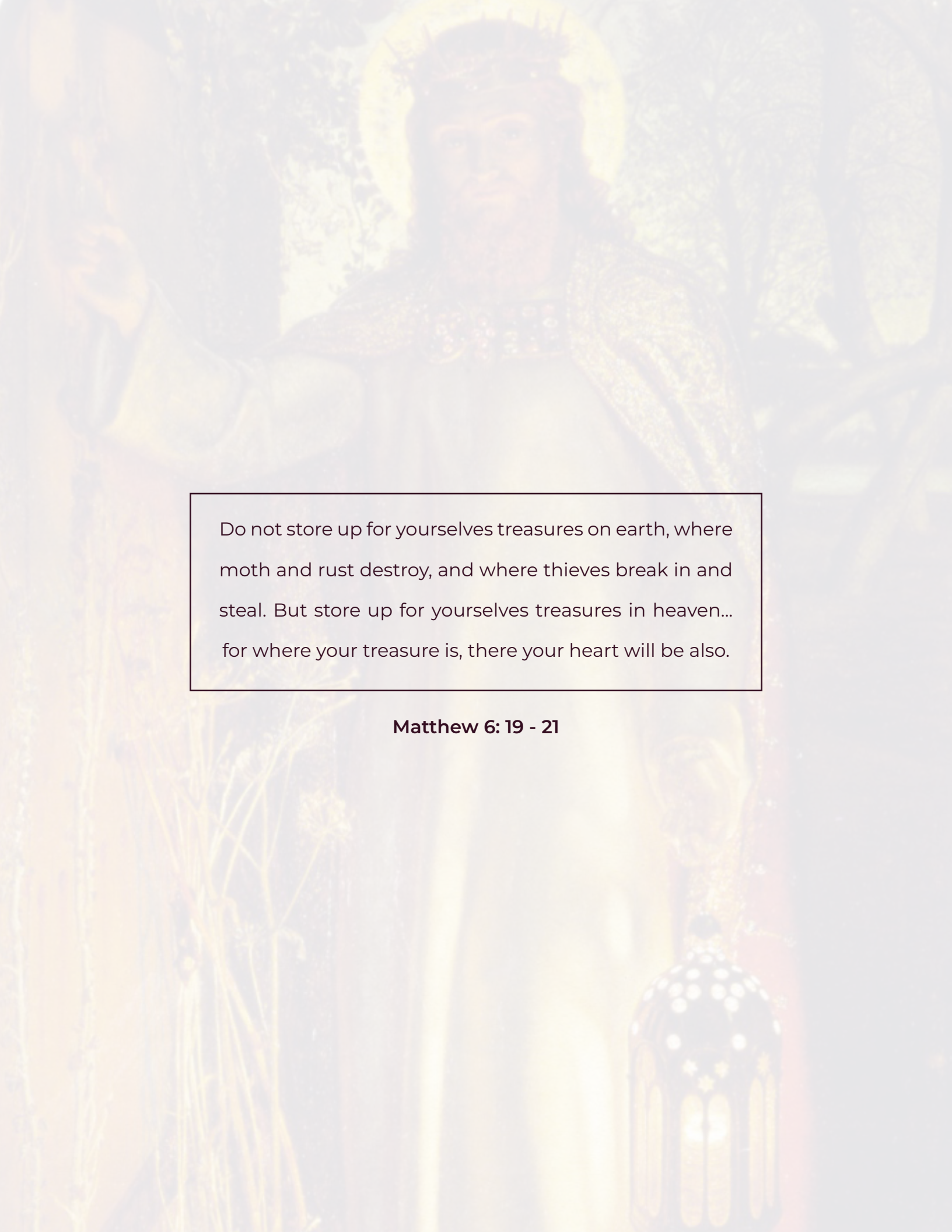
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# School of *Prayer*

*Meditation Guide*





Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven... for where your treasure is, there your heart will be also.

**Matthew 6: 19 - 21**

*The thin veil* which exists between

heaven and earth is one of the great mysteries of the Christian life and one well worth uncovering. There is a heaven and you can possess the treasures within it now. The reason for this rests in these truths: heaven is where God reigns supreme as Creator; heaven is where Jesus is now seated at the right hand of the Father; heaven is from where all grace and divine life flows and God desires each of us to be with Him there for all eternity! Your share of the heavenly treasure grows from the graces you are given in your relationship with God. The encounter with Jesus matures and the graces multiply through prayer as He unlocks these mysteries of divine life.

Rest assured, Jesus desires to be in a relationship with you. He delights in you and wants you to know His heart, hear His voice, live confidently as a son or daughter. As you open your heart in prayer, the veil is lifted and God gains access, revealing more about Himself and the immeasurable love He has for you. If your heart stays fixated on the treasures of this life, you minimize the riches He has for you. Much like nurturing your earthly relationships, intimacy with God requires giving God your time, opening your heart, and listening to Him in silence. For the purposes of this guide, you will be on a personal journey, reflecting on your own relationship with Jesus through His Scripture and Word, growing in self-awareness of who He is and who you are to Him.

Each meditation will give you a....

- **Guiding Theme:** a focus for you to think about in your relationship with God
- **Scripture:** a meditation in the Word of God on the theme as Jesus is revealed to you.
- **Reflection from the Heart of Jesus:** a word from the heart of Jesus to deepen your relationship as He has an intimate conversation with you as a friend.
- **Journal Prompt:** a chance for you to reflect on what Jesus is saying and discover what He is doing in your own heart.

# MEDITATION ONE

## *Your True Identity as a Son or Daughter*

### SCRIPTURE

*Now when Jesus came into the district of Caesarea Philippi, He was asking His disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist; and others, Elijah; but still others, Jeremiah, or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered, "You are the Christ, the Son of the living God." **Matthew 16: 13 - 16***

### REFLECTION FROM THE HEART OF JESUS

It is important you know My Name. You encounter Me as you know who I am. I came to save you. My very name means to save. It is I who am your salvation, your freedom, your hope, your life, your dwelling secure. Rest assured you are known to Me for I know you better than you know yourself. I long for you to see yourself through My eyes. You are my beloved one. And who do you say that I am? Whatever your response, I want you to know I love you and from the beginning, I came for you. Even if you were the only person on earth, I would die for you no matter what you've done or what you think of Me. I am the Way, the Truth, and the Life: your Way, your Truth, your Life! Let me love you. Let me be your Lord and fill every emptiness of your life.

### JOURNAL PROMPT

Talk to Jesus. Imagine you are one of the disciples with Jesus in Caesarea Philippi. What is your response to His question? Let Jesus gaze on you with His look of love. Who are you to Him?

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# MEDITATION TWO

## *Your First Encounter with Jesus*

### SCRIPTURE

*As Jesus went on from there, He saw a man called Matthew, sitting in the tax collector's booth; and He said to him, "Follow Me!" And he got up and followed Him. **Matthew 9:9***

### REFLECTION FROM THE HEART OF JESUS

I notice every heart which is longing to know love, to know fulfillment, to know the goodness which only I can provide. I ask everyone to follow me, but to those aching with desire, I have only to look and make the invitation, follow Me, and they do. Follow me. In your heart, leave all which doesn't satisfy you, which leaves you yearning for more and follow Me. Leave your life of sin, your brokenness, your temptations and follow Me. I will show you the way of mercy to live a better life. Follow me and I will be there to lead you along every step of the way.

### JOURNAL PROMPT

Have you encountered Jesus and chosen to follow Him as Matthew did? Talk to Jesus about your response to follow Him. Let Him know your fears, your hopes, your desires. Wait for Him to look your way and listen to what He has to say in response to you.

## JOURNAL

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# MEDITATION THREE

## *The Depth of Your Faith*

### SCRIPTURE

*Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them, walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once [Jesus] spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."*

**Matthew 14: 22 - 23**

### REFLECTION FROM THE HEART OF JESUS

I am here with you during every moment when you too feel tossed about by the waves of life. I come to steady you, calm the waters and free you from all fear. I am here. I have been with you during every storm of your life, calling you out of the darkness and extending My hand to pull you from the deep. I love you with my very life and I desire for you to come to Me, walking upon the waters of faith. Courage is for Me to give but for you to seek and receive through the gift of your faith. Can you give Me such a gift and place your very life and all your life circumstances in My hands? Come, to me. I am the Son of God. Believe. You can trust in Me.

### JOURNAL PROMPT

When have you experienced the peace which comes with faith, relying upon God to quiet the storm? Have you had moments when you have gotten out of the boat like Peter and surrendered all fear to God? Talk to Jesus about the struggle to have faith and the area of your life in need of Him to give you courage to come to Him.



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# MEDITATION FOUR

## *Your Friendship with Jesus*

### SCRIPTURE

*Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup pass without my drinking it, your will be done!" Then he returned once more and found them asleep, for they could not keep their eyes open. He left them and withdrew again and prayed a third time, saying the same thing again. Then he returned to his disciples and said to them, "Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand." **Matthew 26: 36 - 46***

### REFLECTION FROM THE HEART OF JESUS

I would keep you close to Me. In this way you will know the secrets of My Heart and My prayer before the Father. I too experienced moments of sorrow and distress. All of these I gave to My Father, trusting in His will to be My only fulfillment. Will you not stay watch with Me? It consoles My Heart to know that you will remain with Me. In Me, your spirit is strengthened and every weakness of flesh united and perfected in My own. Surrender to Me your heartache and every place where you want the Father's cup to pass from you. Even should you fall asleep or lack courage, I will be on guard for you, seeking all that you need. In your greatest trials, I will be faithful; I will remain with you. I long for you to know the grace which the Father gives you through Me. I will show you the way to the Father if you remain in Me as I remain in you.

### JOURNAL PROMPT

Go with Jesus into the Garden of Gethsemane. Put yourself in the scene as one of the disciples. What do you learn about Jesus in His relationship to you as one of His closest friends? Would you have been able to stay awake? Reflect on how you handle the moments of sorrow and distress in your life and pray to the Father about them. Talk to Jesus about what can you do differently in your relationship with Him and the way you handle the trials of life.



# MEDITATION FIVE

## *Your Confidence in the Love of Jesus*

### SCRIPTURE

*They took Jesus, therefore, and He went out, bearing His own cross, to the place called the Place of a Skull, which is called in Hebrew, Golgotha. There they crucified Him, and with Him two other men, one on either side, and Jesus in between. Pilate also wrote an inscription and put it on the cross. It was written, "JESUS THE NAZARENE, THE KING OF THE JEWS." Therefore many of the Jews read this inscription, for the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin and in Greek. So the chief priests of the Jews were saying to Pilate, "Do not write, 'The King of the Jews'; but that He said, 'I am King of the Jews.'" Pilate answered, "What I have written I have written." Then the soldiers, when they had crucified Jesus, took His outer garments and made four parts, a part to every soldier and also the tunic; now the tunic was seamless, woven in one piece. So they said to one another, "Let us not tear it, but cast lots for it, to decide whose it shall be"; this was to fulfill the Scripture: "They divided My outer garments among them, and for My clothing they cast lots." Therefore the soldiers did these things. But standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus then saw His mother, and the disciple whom He loved standing nearby, He said to His mother, "Woman, behold, your son!" Then He said to the disciple, "Behold, your mother!" From that hour the disciple took her into his own household. After this, Jesus, knowing that all things had already been accomplished, to fulfill the Scripture, said, "I am thirsty." A jar full of sour wine was standing there; so they put a sponge full of the sour wine upon a branch of hyssop and brought it up to His mouth. Therefore when Jesus had received the sour wine, He said, "It is finished!" And He bowed His head and gave up His spirit. **John 19: 17 - 30***

### REFLECTION FROM THE HEART OF JESUS

I thirst for you! I thirst for your heart, your love, your whole being! There is no part of you that is not beautiful to Me. Even in your weakness, your sin, the darkness of your life, I come to claim you as your Savior and King. I am the new wine skin and the new wine for you. Through My life, death and resurrection, I make all things new in you. When it was finished in My earthly being, divine life could be born in you. This is your inheritance and what I have won for you: life with Me. Your life is worth every drop of My Precious Blood and so I give it to you freely and of My own will, all of Myself, at every Altar and Banquet of My Eucharist. What has been accomplished in Me is for you, so you would know My love. My thirst is an unquenchable fire for you! Can you see the depth of My love for you. There is no length I would not go to as your Savior and Lord!

### JOURNAL PROMPT

Reread the execution of Jesus reflecting on what He endured for you. What does it mean for you that all things have been accomplished through Him. What change does it make in your life knowing that you have a God willing to die for you? Talk to Jesus about how you live (or would like to live) in response to the gift of His life for you?



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# MEDITATION SIX

## *Your Response to Jesus's Question*

### SCRIPTURE

Jesus said to them, "Come and have breakfast." None of the disciples ventured to question Him, "Who are You?" knowing that it was the Lord. Jesus came and took the bread and gave it to them, and the fish likewise. This is now the third time that Jesus was manifested to the disciples, after He was raised from the dead. So when they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Tend My lambs." He said to him again a second time, "Simon, son of John, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Shepherd My sheep." He said to him the third time, "Simon, son of John, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?" And he said to Him, "Lord, You know all things; You know that I love You." Jesus said to him, "Tend My sheep." **John 21: 12 - 17**


### REFLECTION FROM THE HEART OF JESUS

Do you know that there is nothing you can do to have me deny you? I will always forgive you, always extend my hand to you, always chase after you. I am seated in Heaven's Mercy Seat and I delight in seeking, loving and forgiving you. All you need to do is turn to Me and allow Me to enter into your heart. I desire to hear your words of love for Me. I can see into the heart and know when it is true or full of empty platitudes of praise. When you struggle, I still come to you, waiting for you to meet My gaze and see My love for you. Be confident in Me in My forgiveness, in My love for you. I am about the work as your Redeemer and I wait for you to give Me the words on your heart. In this your life in Me is secure and I flow through you into all else. I love you!

### JOURNAL PROMPT

Gaze into the eyes of Jesus as Simon Peter did and allow Jesus to seek the same affirmation of your love for Him as He asks you, "Do you love Me." How do you affirm Jesus's love for you and yours for Him. What makes it so hard to give and receive love from Jesus? Talk to Jesus about the resolution you can you make to grow in confidence of this love.

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*In this age* of the information highway, it is easy to be inundated with the noise of the world. The daily investment made to emails, social media, texts, and netflix, may be cluttering your mind rather than enhancing your life which leaves you to ponder where your treasure truly lies. Does your heart yearn for entertainment and the daily news feed; or, do you yearn for the treasures of heaven in the graces given through the daily encounter you can have with Jesus. As sons and daughters, God has so much in store for hearts which are open to receive Him. This meditation guide is just a taste of the life God wants to share with you through prayer.

God desires to have a living relationship with you as a beloved son or daughter which will last through eternity; His love will never end but only continue to grow in you! It sounds lofty, idealistic and perhaps unreal, but this is true. By design, God made you in His image. He wants you to know Him, to speak to Him and He wants to speak to you. Communicating with God through prayer is one of the deepest forms of action you can take in the relationship and it is the purest download of the treasures God has awaiting you.

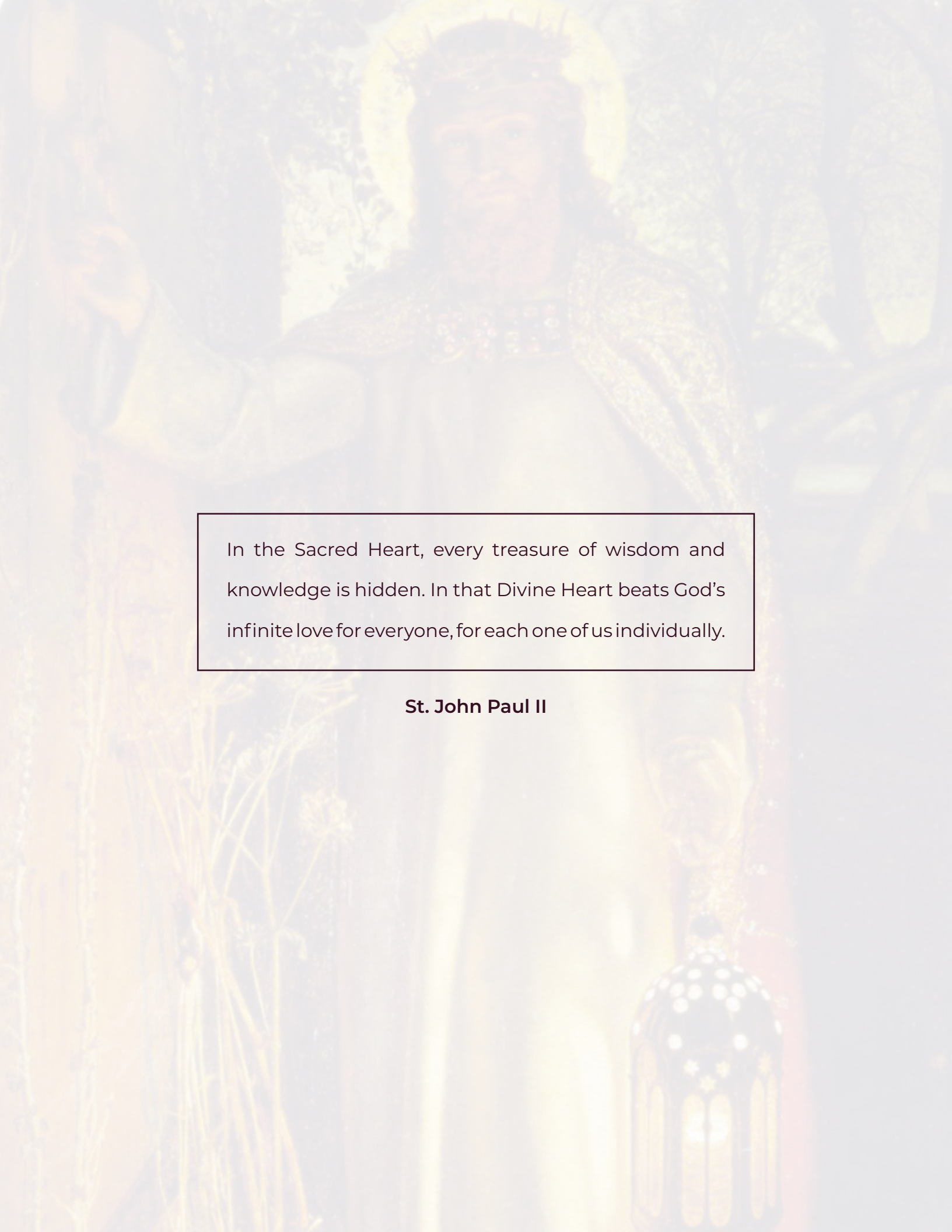
Entering this relationship requires you to transform your normal way of doing things and cultivate a regular rhythm for prayer in the daily routine. Through a life of prayer you begin to orient your life so you are in His presence, learn how He talks to you and experience the overwhelming grace He gives to sustain you. Your challenge in the days and weeks ahead is to continue your personal journey of prayer growing in your own relationship with Jesus. Talk to Him. Make time to meditate on Scripture, read the daily readings, or spend time just in the Presence of Jesus. Your life will never be the same as the veil is lifted and you enter into the mystery of the heavenly Kingdom. May Jesus continue to speak to your heart!





## NOTES

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In the Sacred Heart, every treasure of wisdom and knowledge is hidden. In that Divine Heart beats God's infinite love for everyone, for each one of us individually.

**St. John Paul II**





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