



THE ARCHDIOCESE *of* BIRMINGHAM  
OFFICE *for* MISSION

*“Go therefore and make disciples of all nations...”*



### **Meditation**

This can involve placing oneself in an event from scripture by assuming the person of one of the characters. You experience the event in your imagination as if you were there, reacting to it as it happens. You then see how that experience might help you to understand what Jesus was teaching, or maybe God has spoken to you in a new way about a biblical story or parable.

### **Prayer Using Images and Symbols**

For centuries Christians have used the senses to remind themselves of the God who created them. Nature and art can speak to our senses of God's presence. Candles, crosses and holy images can help us to see God in a new way and to experience what they remind us of; they can also be used as a focus for our meditation or contemplation.

## **SOME BRIEF SUGGESTIONS FOR PERSONAL PRAYER**

### **Praying the Psalms**

Choose one or two psalms and, instead of making a study of them, pray the psalm by entering into the thoughts, experiences and trials that the Psalmist is addressing to God through their words and prayers.

### **Lectio Divina**

Choose a piece of scripture and read it slowly three times. Pick out the word, words or phrase that speaks to you the most and prayerfully repeat it, listening to what God might be saying to you through it. Allow the word or phrase to guide you in your prayer and think about how you might apply it to your own life in the day or week ahead.

### **‘Work and Prayer’ - St Benedict**

Any repetitive or mundane task has the potential to elicit, or become, prayer. Whether praying under one's breath as the job is being done, or by offering yourself and the task for God's greater glory, one can begin to live out the words of St Paul and his desire to see Christians pray always.

## Contemplation

One of the aims of contemplation is to simply be in presence of God, as one might with a friend. It is often accompanied by a conscious stilling of our mind and body, which can help us to become aware of God's quiet presence. The repetition of a particular word or phrase (see "The Jesus Prayer"), or concentrating on our posture or breathing, can help to remove distractions so that we can focus solely on Him.

## Suggested Scripture Passages for Prayer

### God's Love

Lk 11:1-13 Lord teach us to pray  
Ps 139:1-18 You search & know me  
Is 53:1-3 Come to the Water  
Is 43:1-7 You are precious in my eyes  
Rom 8:31-39 With God on our side  
Dt 1:29-33 Do not be afraid  
Ps 131 Like a weaned child  
Is 49:14-16 I will never forget you  
Hos 11:1-9 When Israel was a child, I loved him  
Ps 145 God acts only out of love  
Jn 1.35-39 What do you want?

### Trust

Ps 46 God is our shelter, our strength  
Mt 6:24-34 Do not worry  
Mt 14:22-33 Walking on the water  
Mk 4:35-41 Calming of the Storm  
Lk 1:26-38 Annunciation  
Lk 21:1-4 The Widow's Mite  
Jn 15:1-8 Apart from me you can do nothing  
Jer 18:1-6 The Potter  
Ez 34:11-16 I will look after my sheep myself  
Phil 4:8-13 I can do all things in Him  
Ps 27 God is my light and my salvation  
Ps 71 In you I take shelter  
Ps 37:1-7 Trust in the Lord

### Healing, Forgiveness

Ez 36 25-29 I shall pour clean water over you  
Mk 10:46-52 The blind man  
Lk 5:12-16 Cure of the leper  
Mk 2:1-12 Cure of the paralytic  
Mk 5:21-24, 35-43 Jairus' daughter  
Mk 5:25-34 Woman with the haemorrhage  
Lk 15:11-32 Lost son and loving father

Jn 5:1-9 The man at the pool of Bethesda  
1Kg 19:1-8 Elijah: Take my life

### Intimacy with Christ

Lk 1:26-38 Annunciation  
Lk 1:39-45 Visitation  
Lk 2:1-20 Birth  
Lk 2:22-38 Presentation  
Lk 2:39-40 & 51-52 Hidden life  
Lk 2:41-50 Finding Jesus in the temple  
Mt 3:13-17 Jesus leaves home – Baptism  
Mt 4:1-11 Temptations  
Lk 4:14-30 Return to Nazareth  
Lk 5:1-11 Call of the disciples  
Jn 2:1-12 Cana Miracle  
Jn 4:1-42 Woman at the well  
Mt 14:22-25 Jesus prays alone  
Lk 10:38-42 Jesus with Martha and Mary  
Jn 11:1-45 Raising of Lazarus  
Mt 21:1-17 Jesus enters Jerusalem  
Mt 26:6-10 Supper at Bethany – anointing of Jesus  
Jn 13:1-16 Last Supper and washing of the feet  
Lk 22:39-46 Agony in the garden  
Eph 6:10-20 Put on God's armour  
Jn 19:17-30 Crucifixion

### Resurrection

Mk 16:1-8 Jesus appears to the women at the tomb  
Jn 20:11-18 Jesus meets Mary Magdalen  
Lk 24:13-35 Road to Emmaus  
Jn 20:19-22 Peace be with you  
Jn 21:1-19 Sea of Tiberias  
Phil 1:3-11 I thank my God whenever I think of you  
Phil 4:4-9 I want you to be happy

*(Based on a CLC handout and reproduced with permission)*

## 'Physical' Prayer

This is the practice of using the physical (our bodies) to express the spiritual. A very simple example would be the style of prayer standing with arms outstretched in the shape of a cross while you pray. The traditional posture of a Jew or early Christian at prayer was, in actual fact, standing and not sitting, with palms raised toward heaven. Try different postures - sitting (with back straight), kneeling or lying prostrate - each one can 'become' a prayer, or a focus or aid to prayer.

## The Jesus Prayer

*"Lord Jesus Christ, Son of God, have mercy on me, a sinner" (Repeat)*