



*Creating a Simple,
Strong Prayer
Life: A
Little Rule for
Fruitful Prayer*



Structure; explicit framework; discipline; establishing prayer as a priority; a way to enter the day in a focused, peaceful way; being centered on the bigger picture: God in my life; keeps us balanced; helps us cope; doesn't lessen pain, but helps us see God's love in the midst of it

What is the first step?

- Join with others in weekly worship
- Draw strength from each other and from God Simply thinking alone, or being in solitude can dissolve into distraction and we can lose heart

What is another important initial step?

- Spend some time daily in solitude and silence
- Find a quiet place to meditate and pray, a little quiet corner in your home, a place of solitude, a special room
- 10 or 20 minutes per day; start with once, then expand to morning and evening
- Consistency is more important than length; 2 minutes is better than skipping the practice because you can't manage 10

What do I do during the prayer time?

- Sit still, comfortable, back straight, hands relaxed
- Breathe easily, rhythmically
- Let your thoughts pass through your mind like a train – don't try to hop on to any one passing thought – just let it go

- Choose one word, a “mantra”, and say that word in your mind as you breathe, which will help to calm and center your heart: Jesus, Mercy, Love, Kindness, (even your child's name)
- Keep the centering word, and the breathing as the only focus of this meditation

What are some other “tips” to strengthen my connection to God throughout the day?

- Build “breaker” into the day: a few breaths before you make a phone call;
- Spend a few minutes in mid-afternoon or evening with a cup of tea and a spiritual book;
- Read the bible regularly; a few minutes before bedtime is a good way to relax and sleep peacefully
- Build a network of Christian friends; meet regularly to discuss prayer and spiritual practices
- Practice the “daily examen”: a Jesuit practice that considers the effect of my life on others each day: “Jesus, what did I say to you, do to you this day”?
- Write your thoughts, reflections and insights in a journal; revisit often; hear the Holy Spirit praying in you through these words
- Find a spiritual guide with whom you can share your spiritual progress; your pastor, a good friend, someone you admire and can find comfort and strength in sharing spiritual insights