

Prayer & St Francis de Sales

MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

St Francis de Sales, a great spiritual writer, wrote a book which was designed to help ordinary people living busy lives to pray. Here are some nuggets of advice from him:-

“The children who spend time in the company of their mothers, listening to them speak, and prattling with them about anything and everything are the ones who develop more quickly.

In the same way, we shall learn to speak, act and behave like our Saviour if we spend time in His company, observing His words, His actions and His affections.

This is what we call meditation and why it is a good practice.”

PRAYERS

Let us ask God to help us recognise the approach of his Son in our ordinary day-to-day lives.

Lord, hear us...

Let us pray for those who have become deaf to God's word, and blind to his presence; May the Lord draw near to them.

Lord, hear us...

Let us pray for our families, that they grow in the practice of our shared faith in Christ.

Our Father....

St. Philip: **Pray for us.**

House Saint: **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

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Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

Here is some more advice from St Francis de Sales on prayer:

“The first movement of prayer is an act of *imagination*;
Imagine yourself in the presence of God.

Just as birds, wherever they fly, are in touch with currents of air, so wherever you go or wherever you are, you can find God present.

He is always near to you, however much you might forget it.

So when you spend time with God in prayer, begin by thinking that God is firstly in the place where you are, but then in a special way He is in your own heart, in the depth of your spirit, which He fills with His divine presence.”

PRAYERS

Let us put ourselves in the presence of God, and make His words our own as we say...

Our Father...

St. Philip: **Pray for us.**

House Saint: **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

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Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

More from St Francis de Sales on prayer:-

“The second movement of prayer is an act of *consideration*; Like a honey bee, dip into the nectar of God’s words in scriptures or in other places where He speaks, and allow your mind to *consider* them.

If the words bring light and bear fruit, then stay with them without passing onwards, like bees who do not leave a flower as long as there is honey there to gather.

But if you do not find anything to your liking, then pass on to other words, proceeding quite gently and simply, without undue haste.

In this way, you stir up your affections towards God and divine things.”

PRAYERS

According to St Francis de Sales, the last movement of prayer is an act of *resolution*, when your meditations help you *resolve* to amend your life in one way or another, even in small little ways.

Let us resolve to spend more time in the company of the One who loves us most, and ask His Mother to pray for us.

Hail Mary...

In the name...

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Thursday

THE 8.20 MASS TOMORROW

IS OFFERED FOR THOSE WHO HAVE LOST THEIR FAITH
ROSARY REFLECTION

Saint Francis de Sales called the Rosary the greatest method of praying. Let us hold up in our Rosary intentions those who are near to death, and pray that they open their souls to the approach of our Saviour.

THE FOURTH JOYFUL MYSTERY:
THE PRESENTATION IN THE TEMPLE

Simeon took Jesus in his arms and praised God, saying, 'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, a light for revelation to the Gentiles and for glory to your people Israel.'

1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day...

10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...

1x Glory be to the Father, and to the Son, and to the Holy Spirit. As it was...In the name...

Friday

FRIDAY PRAYER

Remember that you can go to the Chapel for Confession this lunchtime.

***We pray together* THE PRAYER TO THE HOLY SPIRIT**

V. Come, Holy Spirit, fill the hearts of your faithful

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created

R. And you will renew the face of the earth.

Let us pray.

**Lord, you have taught the hearts of your faithful
by the light of your Holy Spirit.**

In that same Spirit

help us to relish what is right

and always rejoice in your consolation.

We ask this through Christ our Lord. Amen.