

“The wonderful beauty of prayer is that the opening of our heart is as natural as the opening of a flower. To let a flower open and bloom, it is only necessary to let it be, so if we simply are, if we become and remain still and silent, our heart cannot but be open; the Spirit cannot but pour though into our whole being. It is this that we have been created for. In contemplative prayer we seek to become the person we are called to be, not by thinking of God but by being with God. Simply to be with God is to be drawn into being the person God calls us to be.” (John Main)

OPENING PRAYER

Heavenly Father, open our hearts to the silent presence of the Spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, ‘Maranatha...Come, Lord Jesus.’ Bless our time together during this prayer breakfast. May each of us be open to receive the transforming power of your love and be filled with joyful faith, hope and love. In Jesus’ name we pray.
Amen.

SCRIPTURE REFLECTION

“When you pray do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen I say to you they have received their reward. But when you pray, go to your inner room, close the door and pray to your Father in secret. And your Father who sees in secret will repay you.”

(Matthew 6:5-8)

PERSONAL REFLECTION

What stands out for you in this passage about prayer? How does it relate to your prayer life today? Do you think you could carve out a few extra minutes each day to spend in quiet prayer?

PRAYER BEFORE MEDITATION

Breathe on me, breath of God, fill me with life anew,
That I may love the things you love, and do what you
would do.

Breathe on me, breath of God, until my heart is pure,
Until with you I have one will, to live and to endure.

Breathe on me, breath of God, my soul with grace refine,
Until this earthly part of me glows with your fire divine.

Breathe on me, breath of God, so I shall never die,
But I live with you the perfect life, in your eternity.



SONG REFRAIN

Come Lord, Maranatha (Ellie Ragonese)
Lord I lift my soul to you. Come Lord, Maranatha.
Lord I surrender, Lord, I Am yours.

MANTRA

Ma - ra - na - tha

CLOSING PRAYER (WCCM)

May this group be a true spiritual home for the seeker, a friend for the lonely, a guide for the confused.

May those who pray here be strengthened by the Holy Spirit to serve all who come and to receive them as Christ himself. In the silence of this room may all the suffering, violence and confusion of the world encounter the power that will console, renew and uplift the human spirit.

May this silence be a power to open the hearts of men and women to the vision of God, and so to each other, in love and peace, justice and human dignity. May the beauty of the Divine Life fill this group with the hearts of all who pray here with joyful hope.

May all who come here weighed down by the problems of humanity, leave, giving thanks for the wonder of human life. We make this prayer through Christ our Lord.

Amen.

Suggestions for Reflection throughout the coming weeks

- Practice a gentle, loving awareness of God as you go through your daily life. Turn aside for a moment or two from your activity and direct your attention to God. St. John of the Cross believed that this simple practice will ignite a flame in your soul. (Wayne Simsic)
- Consider saying the mantra throughout the day to center yourself and find calm and clarity

“Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile. (St. Teresa of Calcutta)

For more information and resources on meditation and contemplative prayer see:

www.ellieragonese.com || www.wccm.org

