

Prayer journal

january
february
march



THE HOLY ROOD
COLLABORATIVE

INTRODUCTION

Communication is an essential part of any relationship and prayer is how we communicate with God. Therefore, developing a daily habit of prayer is an indispensable part of being a disciple of Jesus Christ. For those first starting to pray regularly, setting a daily goal of 15 minutes is a great place to begin. 15 minutes is about 1% of the day, and spending that time with the Lord can make a significant difference in one's life and relationship with God.

Not sure where to start? This second prayer journal includes directions for four ways of praying specific to this time of year. They are: Praying with Names and Titles, Praying with Candles, Praying with the Stations of the Cross, and Praying with Acronyms. Each offers a different way of praying—some may be more your family's style than others. Feel free to pick whatever style works best for your family, rotate between different styles, or use a completely different style that works for you. The important thing is to be spending time with God each day.

NAMES AND TITLES

The month of January begins with two important celebrations. January 1st is the Feast Day of Mary, Mother of God and January 2nd is the Feast of the

Holy Name of Jesus. In fact, the entire month of January is traditionally dedicated to the Holy Name of Jesus. This form of prayer will focus on the names and titles of Our Lord and Our Lady, bringing us to greater respect of their names and a deeper understanding of their roles in our lives.

CANDLES

The Feast of Candlemas is celebrated on February 2nd and is the day we remember the presentation of Christ in the Temple and the purification of Mary following His birth. The connection to candles is due to the prophecy uttered on this occasion which describes Jesus as "a light for revelation to the Gentiles" (Luke 2:32). As a result, Candlemas traditionally involves bringing candles to Mass to be blessed for use throughout the year, and so, several methods for praying with candles will be presented here.

STATIONS OF THE CROSS

This year, Ash Wednesday, the start of the season of Lent, falls on March 2nd. A common devotion during Lent is to reflect on

the Stations of the Cross, a series of prayers which follow Jesus as He carries His cross and ultimately dies for our sins on that cross.

ACRONYMNS

Since Lent is a penitential season, a time to seek forgiveness from God through our words and our actions, it is traditional to make a Lenten sacrifice. These sacrifices generally entail both something that we give up for the sake of God, a sign that He is more important to us than our possessions and comforts, and something that we take up, some service or extra prayer that we will do to help ourselves and the world grow closer to Him. This Lent, consider praying with the acronyms A.C.T.S. or P.R.A.Y.

PRAYING WITH NAMES AND TITLES

The *Catechism* tells us that “The invocation of the holy name of Jesus is the simplest way of praying” (CCC 2668). It is why the most said prayer in our lives is the Sign of the Cross, which invokes the one name of the Triune God. The following pages will include some suggestions for how to pray with and to the Holy Name of Jesus, as well as how to pray with the titles of Mary. Other resources for prayers with names and titles, including sung versions of the litanies, can be found on our website at www.theholyrood.org/ways-of-praying.

• The Jesus Prayer •

This short prayer may only be 12 words long, but it has been prayed fervently by believers since the earliest days of the Church, with some going so far as to call this prayer essential for our spiritual growth.

lord **Jesus Christ, Son of God, have mercy on me, a sinner**

Due to its brevity, this prayer can be said quickly in a time of need, but it is most effective when repeated during a period of meditation. Pray the words slowly, pondering the deeper meaning behind each word as you pray (see below). Sometimes, focus on just one word for each repetition, and at other times, focus on how the words and their meanings relate to one another. Begin by trying this for a 5-minute meditation. Then try to increase the length the next time you pray with these words again. Eventually, try working your way up to 15 minutes, what many consider to be the minimum amount of time for the prayer to take effect in our hearts.

Lord | Jesus is the rightful king, descended from King David and anointed to be both king and priest. However, He is also the Lord God come in the flesh for His people. Calling Jesus Lord makes Him not just any god, but the One God of Israel who rules over all creation.

Jesus | The name Jesus literally translated means God saves. The reason we are calling on Him in this prayer is because we know He can save us. He offered us this salvation when He became man and died for us on the cross. We now invoke His name asking that He save us both from our temporal sufferings and from eternal suffering.

Christ | The title Christ is the Greek version of the word Messiah, both of which mean anointed one. Jesus was anointed by the Holy Spirit at His baptism, and was anointed for a purpose, to be the king who will save His people from their sins. Both His name and His title should remind us of His mission to save us.

Son of God | This title reminds us that Jesus is the Son, the second person of the Trinity whose name we invoke during the Sign of the Cross. This title reminds us that Jesus is not just a teacher or reformer, but God Himself come to save us.

Mercy | When we remember Jesus' mercy, we remember that we do not deserve what He offers us. He is not a wish granter bound to our will, but is a lover who wants to shower us with gifts we do not deserve. The only reason we can call on Him in prayer is because we know He is merciful.

Sinner | Jesus tells us that He came to call sinners (Luke 5:32). Unless we recognize ourselves as sinners, then we cannot call upon His help. We need to recognize our sins, all the ways that we hurt others, in order to ask for His gift of mercy.

• Litany to the Holy Names of Jesus •

This prayer directs our attention to two important aspects of Jesus, His mercy and the salvation He offers us. The first half of the Litany focuses on His various titles, and how each of these provide a reason why we can ask Him for mercy. The second half of the Litany begins with things we need to be saved from, before focusing on all of the ways that He saves us. Each section of the Litany follows a call and response format, making it easy to pray and focus on all the ways Jesus is merciful and saves us.

The opening of the Litany follows the format of the Penitential Rite in the Mass. This prepares us to pray the rest of the Litany. Here, the leader portions will be in plain text, while the responses will be bolded.

Lord, have mercy **Lord, have mercy** | Christ, have mercy **Christ, have mercy** | Lord, have mercy **Lord, have mercy**

The next part of the Litany presents the various titles of Jesus.
After each title, the response is “Have mercy on us.”

God our Father in heaven	Jesus, prince of peace	Jesus, Good Shepherd
God the Son	Jesus, all-powerful	Jesus, the true light
Redeemer of the world	Jesus, pattern of patience	Jesus, eternal wisdom
God the Holy Spirit	Jesus, model of obedience	Jesus, infinite goodness
Holy Trinity, one God	Jesus, gentle and humble of heart	Jesus, our way and our life
Jesus, Son of the living God	Jesus, lover of chastity	Jesus, joy of angels
Jesus, splendor of the Father	Jesus, lover of us all	Jesus, king of patriarchs
Jesus, brightness of everlasting light	Jesus, God of peace	Jesus, teacher of apostles
Jesus, king of glory	Jesus, author of life	Jesus, master of evangelists
Jesus, dawn of justice	Jesus, model of goodness	Jesus, courage of martyrs
Jesus, Son of the Virgin Mary	Jesus, seeker of souls	Jesus, light of confessors
Jesus, worthy of our love	Jesus, our God	Jesus, purity of virgins
Jesus, worthy of our wonder	Jesus, our refuge	Jesus, crown of all saints
Jesus, mighty God	Jesus, father of the poor	
Jesus, father of the world to come	Jesus, treasure of the faithful	

The middle of the Litany petitions Jesus to save us.

The response for each invocation is “Jesus, save your people.”

Lord, be merciful	From neglect of your Holy Spirit	By your abandonment
From all evil	By the mystery of your incarnation	By your grief and sorrow
From every sin	By your birth	By your death and burial
From the snares of the devil	By your childhood	By your rising to new life
From your anger	By your hidden life	By your return in glory to the Father
From the spirit of infidelity	By your public ministry	By your gift of the holy Eucharist
From everlasting death	By your agony and crucifixion	By your joy and glory

The conclusion of the Litany focuses on Christ, the Lamb of God.

Here, the leader portions will be in plain text, while the responses will be bolded.

Christ, hear us **Christ, hear us**

Lord Jesus, hear our prayer **Lord Jesus, hear our prayer**

Lamb of God, you take away the sins of the world **have mercy on us**

Lamb of God, you take away the sins of the world **have mercy on us**

Lamb of God, you take away the sins of the world **have mercy on us**

Let us pray.

⁴ As we venerate the most holy Name of Jesus, mercifully grant us, Lord, that, savoring its sweetness in this life, we may be filled with everlasting joy in our heavenly homeland. Through Christ our Lord. **Amen.**

• Litany of Loretto •

This prayer is focused on the numerous titles of Mary, our mother and the mother of Our Lord. Note that each of these titles is derived from her relationship with her Son. As a result, this prayer is just like all other Marian prayers in that it is a prayer to Jesus through Mary. Before starting, consider reading through the list of titles in the middle section, familiarizing yourself with any for which you may not know the meaning. After the prayer, take to time to reflect on or share the titles that stood out to you the most. These are likely to change with each reciting of the Litany, and will reveal something that is on your heart.

The Litany can be loosely divided into three main sections, with each section being a call and response format, though with different responses throughout.

The opening of the Litany serves as a preparation, as we remember that all of our prayer is ultimately directed towards the Triune God. Here, the leader portions will be in plain text, while the responses will be bolded.

Lord, have mercy. Christ, have mercy. Lord, have mercy. Christ, hear us. Christ, graciously hear us.
God, the Father of heaven, **have mercy on us.**
God the Son, Redeemer of the world, **have mercy on us.**
God the Holy Spirit, **have mercy on us.**
Holy Trinity, one God, **have mercy on us.**

The middle of the Litany presents the various titles of Mary. After each title, the response is "Hear our prayer."

Holy Mary	Virgin most venerable	Health of the sick
Holy Mother of God	Virgin most renowned	Refuge of sinners
Holy Virgin of virgins	Virgin most powerful	Solace of Migrants
Mother of Christ	Virgin most merciful	Comfort of the afflicted
Mother of the Church	Virgin most faithful	Help of Christians
Mother of Mercy	Mirror of justice	Queen of Angels
Mother of divine grace	Seat of wisdom	Queen of Patriarchs
Mother of Hope	Cause of our joy	Queen of Prophets
Mother most pure	Spiritual vessel	Queen of Apostles
Mother most chaste	Vessel of honor	Queen of Martyrs
Mother inviolate	Singular vessel of devotion	Queen of Confessors
Mother undefiled	Mystical rose	Queen of Virgins
Mother most amiable	Tower of David	Queen of all Saints
Mother admirable	Tower of ivory	Queen conceived without original sin
Mother of good counsel	House of gold	Queen assumed into heaven
Mother of our Creator	Ark of the covenant	Queen of the most holy Rosary
Mother of our Savior	Gate of heaven	Queen of families
Virgin most prudent	Morning star	Queen of peace

The conclusion of the Litany brings the focus back to Christ, specifically as the Lamb of God. Here, the leader portions will be in plain text, while the responses will be bolded.

Lamb of God, who takes away the sins of the world, **spare us, O Lord.**
Lamb of God, who takes away the sins of the world, **graciously hear us, O Lord.**
Lamb of God, who takes away the sins of the world, **have mercy on us.**
Pray for us, O holy Mother of God. **That we may be made worthy of the promises of Christ.**
Let us pray.

Grant, we beseech thee, O Lord God, that we, your servants, may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow, and obtain eternal joy. Through Christ our Lord. **Amen.**

PRAYING WITH CANDLES

Our Catholic faith has a beautiful tradition of praying using candles, both within and outside of the Liturgy. Their use reminds us of Christ's presence, who is the light for our path, and of our call to be the light of the world (Matthew 5:14). They often require us to slow down in our prayer, since they do not provide as much light as electric lights, and because we need to be careful of their flames. These prayers are all about slowing down and calming our minds so that we can more fully enter into prayer.

• Candlelight Meditation •

This form of prayer can be paired with other forms of prayer such as the Rosary, Scripture, or the Jesus Prayer. The idea is to sit in a darkened room, with one or a few candles as the only source(s) of light (note that battery candles can be used in place of real candles). The darkness paired with the faint light draws our attention helping us to focus. When praying the Rosary, this can free our mind of distractions so we can pay greater attention to each mystery as we pray. With Scripture, we can read a passage before darkening the room. During this reading, think about a word or phrase that stands out to you in the passage. Then in the darkness, reflect on why that word or phrase stood out to you, and what you think God is trying to tell you through it. For the Jesus Prayer, a candlelight meditation can help us to remain focused as we repeat the words of this short prayer. Whatever form of prayer you decide to pair with candlelight meditation, know that the darkness and minimal light is designed to decrease distractions, helping us to focus our attention on God.

• Passing Prayer •

A passing prayer is a simple type of prayer that can work in many different settings. The group should be arranged in a circle with each person holding a candle. A Leader begins the prayer by lighting their candle, either from a central candle (reminding us of Christ's presence), or from a match/lighter. The Leader then shares whatever they are praying for (see below), and when they have finished, they turn to the person next to them and light their candle. This person then shares and when finished, lights the candle of the person next to them. This continues until everyone has shared their prayer. The Leader can then conclude with an appropriate prayer of their own choosing or design.

This type of prayer gives every person time to share their prayers with the group, without feeling rushed. The candles remind us of the Light of Christ and that He is present, listening to all of our prayers. By lighting each others candles, we are also reminded of our unity as believers, and that while we are offering our prayers, we should also be praying for others and their requests.

So, what can be prayed for during a passing prayer? Well, anything. Each person can share any petitions that they have in their own life or others for whom they want to pray. They can share a blessing or something for which they are thankful to God. These can also be mixed and matched to fit the needs of the group at that time. Before starting, make it clear what everyone is expected to pray for during their "turn," and make sure to give everyone time to reflect and prepare.

• Squeeze Prayer •

An alternative version of the passing prayer is the squeeze prayer. In this version, each person in the group holds hands, and squeezes the hand of the person next to them when they have finished their prayer, inviting the next person to share. This can be done for groups where candles are not viable to use.

PRAYING WITH STATIONS OF THE CROSS

Reflecting on the Stations of the Cross is a fitting prayer during Lent and can be done in various formats. They can be prayed on your own, in your family, or in the community. For families with younger children, consider praying the Shoebox Stations to help your little ones participate. For an alternative set of stations, consider the Scriptural Stations of the Cross. All three parishes in the Collaborative also pray the stations on Fridays during Lent, allowing you to join in prayer with the community. Further resources for praying the Stations of the Cross can be found on our website at www.theholyrood.org/ways-of-praying

• Stations of the Cross •

Traditionally, the Stations of the Cross include 14 reflections on Jesus' Passion and Death. Below is a brief outline of one way to pray the Stations of the Cross. Begin with the Opening Prayer, and prayer before each station. Announce the name of the station, then pause to allow time for reflection on that station. Note that many saints and popes developed their own ways of praying the Stations of the Cross, which include different prayers and reflections. We advise finding one that works best for you and your family. Repeat this for each station, then conclude with the Closing Prayer.

Opening Prayer

My Lord Jesus Christ, you have made this journey to die for me with infinite love. So many times I have sinned, but I repent sincerely because I love you. Pardon me, my God. I will love you all my life.

Prayer before each station

We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.

- First Station | Jesus Is Condemned to Death
- Second Station | Jesus Is Made to Bear His Cross
- Third Station | Jesus Falls the First Time
- Fourth Station | Jesus Meets His Mother
- Fifth Station | Simon Helps Jesus Carry His Cross
- Sixth Station | Veronica Wipes the Face of Jesus
- Seventh Station | Jesus Falls a Second Time
- Eighth Station | Jesus Meets the Women of Jerusalem
- Ninth Station | Jesus Falls the Third Time
- Tenth Station | Jesus Is Stripped of His Garments
- Eleventh Station | Jesus Is Nailed to the Cross
- Twelfth Station | Jesus Dies on the Cross
- Thirteenth Station | Jesus Is Taken Down from the Cross
- Fourteenth Station | Jesus Is Laid in His Tomb

Closing Prayer

Jesus, I kneel before you and ask you: fill my heart with faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment. God has loved us from all eternity. Before we existed, before He created us, before He created the world, He loved each of us already. From all eternity, God loves us. Amen.

• Shoebox Stations •

This way of praying the Stations of the Cross is specifically geared to families with young children. The purpose of the prayer is to have physical objects corresponding to each station, allowing young children to engage in the Stations and begin to visualize and interpret them. It is specifically called Shoebox Stations since a shoebox is the easiest container for all the objects, but any medium sized container with a lid will work as well. Below is a sample list of items that can be used for each station, but feel free to be creative, or see what your children come up with, since the goal is to help them visualize and remember the Stations.

To pray the Shoebox Stations, pray the Stations of the Cross normally. During each station, children should pull out and hold onto the object corresponding to that station. Ask your children to explain why the object represents that station. This will reinforce the meaning and focus of that Station.

- 1st Station **Jesus is Condemned to Death**
a string to represent the rope used to tie Jesus' hands
- 2nd Station **Jesus Carries His Cross**
a small cross (toothpicks tied together)
- 3rd Station **Jesus Falls the First Time**
three band aids (one for each fall)
- 4th Station **Jesus Meets His Mother Mary**
a plastic rosary to represent the Blessed Mother
- 5th Station **Simon Helps Jesus**
small red paper heart to represent Simon's generous help in carrying the cross
- 6th Station **Veronica Wipes the Face of Jesus**
a hand drawn picture of Jesus's face on a piece of cloth
- 7th Station **Jesus Falls the Second Time**
see Station 3
- 8th Station **Jesus Comforts the Women of Jerusalem**
a tissue for their tears
- 9th Station **Jesus Falls the Third Time**
see Station 3
- 10th Station **Jesus is Stripped of His Garments**
a small square of purple felt to represent His purple cloak
- 11th Station **Jesus is Nailed to the Cross**
a large nail
- 12th Station **Jesus Dies on the Cross**
a crucifix
- 13th Station **Jesus is Taken Down from the Cross**
an image of Michelangelo's Pieta
- 14th Station **Jesus is Buried**
a stone to represent the stone rolled in front of the tomb

• Scriptural Stations of the Cross •

This alternate version of the Stations of the Cross is attributed St. Pope John Paul II. Rather than reflecting on the traditional 14 stations, this follows Jesus' passion and death through 14 passages from the Gospels. Each station is accompanied by the Gospel passage corresponding to it. By praying the stations in this way, we hear the divinely inspired word of God describing each event of Jesus' passion and death.

To pray the Scriptural Stations of the Cross, begin with the Opening Prayer. Then announce the title of the First Station, and pray "We adore you, O Christ..." Then, read the Scripture passage aloud, announcing the Gospel from which it comes "A reading from the Gospel according to...". If praying in a group, consider alternating who reads each passage. After the reading is finished, give time for silent reflection before praying "Lord Jesus, help us...". Announce the next station and repeat the process of prayers and Scripture readings. After the Fourteenth Station, conclude with the Closing Prayer.

Opening Prayer

God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go. We ask this through that same Christ, our Lord. Amen.

Prayer Before Each Station

We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world.

Prayer After Each Station

Lord Jesus, help us walk in your steps.

- First Station | Jesus in the Garden of Gethsemane (Matthew 26:36-41)
- Second Station | Jesus, Betrayed by Judas, is Arrested (Mark 14:43-46)
- Third Station | Jesus is Condemned by the Sanhedrin (Luke 22:66-71)
- Fourth Station | Jesus is Denied by Peter (Matthew 26:69-75)
- Fifth Station | Jesus is Judged by Pilate (Mark 15:1-5,15)
- Sixth Station | Jesus is Scourged and Crowned with Thorns (John 19:1-3)
- Seventh Station | Jesus Bears the Cross (John 19:6,15-17)
- Eighth Station | Jesus is Helped by Simon the Cyrenian to Carry the Cross (Mark 15:21)
- Ninth Station | Jesus Meets the Women of Jerusalem (Luke 23:27-31)
- Tenth Station | Jesus is Crucified (Luke 23:33-34)
- Eleventh Station | Jesus Promises His Kingdom to the Good Thief (Luke 23:39-43)
- Twelfth Station | Jesus Speaks to His Mother and the Disciple (John 19:25-27)
- Thirteenth Station | Jesus Dies on the Cross (Luke 23:44-46)
- Fourteenth Station | Jesus is Placed in the Tomb (Matthew 27:57-60)

Closing Prayer

Lord Jesus Christ, your passion and death is the sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and so come to share your glory in heaven where you live and reign with the Father and the Holy Spirit one God, for ever and ever. Amen.

PRAYING WITH ACRONYMS

We all use memory devices everyday, so why not use them in our prayers as well? We have creative ways of remembering left and right, different grammar and spelling rules, and even our commercials include creative ways of us remembering company names or products. We can apply the same to prayer with the acronyms A.C.T.S. and P.R.A.Y. to give us models for prayer. So many of us are intimidated by prayer because we don't know what to say to God. These models can give us a structure for the various things we should talk to God about each day.

• A.C.T.S. •

The A.C.T.S. acronym stands for **A**doration, **C**onfession, **T**hanksgiving, and **S**upplication

Adoration To begin, take a moment to place yourself in the presence of God, adoring Him for who He is, and not for what He has done for us. This is important, especially for the times in our lives when we do not want to pray. There will be days where we feel like God has abandoned us, or has not done anything noteworthy for us. By adoring God because of who He is, and not for what He does, it means we always have a reason to pray. Regardless of how we feel, who God is will never change and He will always be our loving Father, Creator, and Lord.

Confession Have you ever had to apologize to someone who already knew what you did wrong? It may be uncomfortable, but there is a worse alternative. Try talking to someone who knows you did something wrong while you are trying to hide it from them. You can't hide it, and the conversation goes poorly as a result, because you are too distracted trying to hide what you did. The same is true in our relationship with God. We all know that we have disobeyed God and that we have hurt people that He loves. We also know that since God knows everything, He already knows we did it. So, for our prayer to be fruitful, we should come out and admit our faults first. This allows us to move forward in our conversation with the Lord, without being afraid or distracted by our sins.

Thanksgiving One of the struggles a lot of us have with prayer is that we tend to forget what we asked for. Then, we assume God doesn't answer our prayers because we forgot what we asked Him. At this step, we take time to thank God for all He has done for us. We thank Him for the fact that we exist, we thank Him because of the blessings and good things in our lives, and we thank Him for all the times He has answered our prayers. By intentionally taking time for thanksgiving, we can recall all the prayers He has answered.

Supplication It is in this final step that we ask God to hear our needs and petitions. We ask Him for His wisdom when doing our schoolwork. We ask Him for patience when dealing with difficult people. We ask Him for healing both in our own lives, and the lives of others. We ask Him to bring peace to our world, and for His aid in solving the many crises we face. At this point, ask Him for whatever it is that is on your heart. Pray for anyone or any cause that is dear to you, remembering that "for everyone who asks, receives" (Matthew 7:7).

The unique aspect of the A.C.T.S. acronym is the inclusion of Thanksgiving before Supplication. Before we ask God anything, we should thank Him for all of the good things He has done for us in our lives. We also take time to truly reflect on just how many gifts God has given us throughout our lives. By stopping to reflect on this, it frees us so we do not underestimate just how much God has given us. By recognizing what God has given us, we can be more confident about what and how much for which we ask Him.

• P.R.A.Y. •

The P.R.A.Y. acronym stands for **Praise, Repent, Ask, and Yield**

Praise

There are several recorded instances of Jesus praying in the Gospels, and often times, His prayers begin by praising God “I give praise to you, Father, Lord of heaven and earth” (Matthew 11:25). If this is the way Jesus begins prayer, then why shouldn't we? In fact, one of the first things we do in Mass is sing the Gloria, a hymn of praise to God. Our prayers should always begin by praising God, acknowledging His greatness and our dependence on Him.

Repent

Once again, the Mass can serve as a guide, since the priest and/or deacon calls us to acknowledge our sins at the beginning of each Mass. Part of our personal prayer should likewise involve an acknowledgement of our sins. Before we ask God anything, we should apologize for all we have done to hurt those who He loves.

Ask

Too often, we tend to start our prayers at this step, rather than first acknowledging God and asking His forgiveness before we ask favors of Him. In our own lives, don't we try to compliment people before we ask them favors? We also make sure to apologize to people for offending them before we ask them for something. The same should be true in our prayer life. Acknowledge and apologize to God first, then ask Him to provide for our needs, knowing that He will respond to them.

Yield

The unique aspect of the P.R.A.Y. acronym is its concluding step, Yield.

There are two different interpretations of this step, and both could very well occur in any session of prayer.

1. The first interpretation is that we should take a step back and give God a chance to respond. Prayer is a conversation with God, and so we need to give Him time and space to respond. Taking a few moments of silence or choosing to read Scripture at this point can be very helpful. Give God a chance to fill you with peace in the silence or see how He responds to you through the words of Scripture. Most importantly, we should remember that God may not respond in this prayer session. We should leave our time of prayer remembering what we asked God for and be on the lookout for when and how He might respond.
2. The second interpretation is found in the words of the Our Father “Thy Will be done.” Often times, we ask God for things and He does not answer like we expected. This is not to say that He is silent or does not do anything, but rather that He does something different than that for which we asked. When He does this, He is doing it because He knows what is best for us and knows it better than we do. So, the final step of the prayer is to Yield to God's will, to accept that He is doing what is best for us, even if we cannot see it.



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