

METHOD OF MAKING MEDITATION OR CONTEMPLATION

- 1) Presence of God: Great act of faith. God sees me!
- 2) Act of Adoration
- 3) Preparatory Prayer: O my God, that all my prayers, thoughts, desires and intentions be directed purely and solely to the praise and service of Your Divine Majesty.
- 4) First Prelude : Recall to mind the history or points given by father
- 5) Second Prelude : Mental representation of the place
- 6) Third Prelude : The grace I desire
- 7) First Point : Look at the persons
- 8) Second Point : Listen to what they say
- 9) Third Point : See what they are doing
- 10) Colloquy: The heart to heart conversation with God according to the feelings and affections flowing from the meditation and draw the practical conclusion. This is the most important part of the meditation or contemplation.

IMPORTANT REMARK:

DO NOT GET DISCOURAGED IF ESPECIALLY AFTER THE FIRST DAY THE MEDITATIONS SEEM FRUITLESS. GOD SEES YOUR EFFORTS.

Prayers for Retreatants

PRAYER TO THE HOLY GHOST

Come, Holy Ghost,
fill the hearts of Thy faithful and kindle in them the fire of Thy love.

V./ Send forth Thy Spirit, and they shall be created.

R./ And Thou shalt renew the face of the earth.

Let us pray.

O God, who hast taught the hearts of the faithful by the light of the Holy Ghost, grant that, by the gift of the same Spirit, we may have a right judgment in all things and ever rejoice in His consolations. Through Christ Our Lord. Amen.

“REGINA CÆLI”

Queen of heaven, rejoice. Alleluia.

For He whom Thou didst merit to bear. Alleluia.

Hath risen as He said. Alleluia.

Pray for us to God. Alleluia.

Rejoice and be glad, O Virgin Mary. Alleluia.

For the Lord has risen indeed Alleluia.

LET US PRAY

O God, who givest joy to the world through the resurrection of Thy Son, Our Lord Jesus Christ; grant that we may obtain through His Virgin Mother Mary, the joys everlasting life. Through the same Christ our Lord. Amen.

FATIMA PRAYER

My God, I believe, I adore, I hope and I love Thee. I ask Thee to pardon those who do not believe, do not adore and do not love Thee.

Most Holy Trinity, Father, Son and Holy Ghost, I adore Thee profoundly. I offer Thee the Most Precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for all the outrages, sacrileges and indifference by which He is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

ANIMA CHRISTI

composed by St. Ignatius

Soul of Christ sanctify me.
Body of Christ save me.
Blood of Christ inebriate me.
Water from the side of Christ wash me.
Passion of Christ strengthen me.
O good Jesus hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come unto Thee.
That with Thy saints I may praise Thee.
For ever and ever. Amen.

ROSARY MYSTERIES & FRUITS

The following list of fruits (graces) to ask in conjunction with the Rosary mysteries is intended as a *help to better meditate the Rosary*.

THE JOYFUL MYSTERIES:

The Annunciation – humility
The Visitation – charity
The Nativity – detachment from the world
The Presentation – purity and obedience
The Finding in the Temple – to seek Jesus in all things

THE SORROWFUL MYSTERIES:

The Agony of our Lord in the Garden – sorrow for sins
The Scourging of our Lord at the Pillar – mortify the flesh
The Crowning of our Lord with Thorns – mortify the thoughts
Our Lord carrying His Cross – patience in trials
The Crucifixion and Death of our Lord – vocations.

THE GLORIOUS MYSTERIES:

The Resurrection of our Lord – greater faith
The Ascension of our Lord – stronger hope
The Descent of the Holy Ghost on the Apostles – apostolic zeal
The Assumption of our Lady into Heaven – final perseverance
The Crowning of our Lady in Heaven – true devotion to Mary.