

Prayerful Reading

Set aside some private time, find a quiet place, and select a brief passage from Scripture. Become silent and listen to your breath. With a prayer acknowledge the Lord's presence.

Read the Scripture passage slowly and quietly more than once, listening for a word or phrase that touches your heart, or watching for an image that catches your imagination.

Reflect on the word, phrase, or image that speaks to you, letting it interact with your thoughts and emotions, your memories and hopes, as you read the passage slowly again.

Respond to what the Lord has shared with you with your own words of praise and thanks, concern and petition, trust and hope.

Rest for a moment with the Lord in silence, letting go of words and ideas, not becoming upset with distractions but listening for your breath instead, allowing the Lord to love you and to receive your love.

End with the Lord's Prayer.

Prayer for Reading Scripture

May your Word, Father, be a lamp for my feet and a light to my path, so that I may understand what you wish to teach me and follow the path your light marks out for me. Amen.



Jesus, you are present in every moment of my life. As I open your Word may your Spirit open my mind to understand your wisdom, my ears to hear your truth, my eyes to see your beauty, my heart to love your goodness, and my hands to serve your people. Amen.



Come Holy Spirit, fill the hearts and minds of your faithful, and inflame in us the fire of your divine love.

O God, who by the inspiration of the Holy Spirit, did instruct the hearts of your faithful, may we have a right judgment in all things and be strengthened by the consolation of the same Spirit, through our Lord Jesus Christ. Amen.

The Gospel Always

Read the Gospel Always

Read and re-read ceaselessly the Holy Gospel... so as to always have before one's mind the actions, words and thoughts of Jesus, in order to think, speak and act like Jesus, to follow the examples and teachings of Jesus, not the examples and ways of behaving of the world. We fall into this latter so quickly, as soon as we take our eyes off the Divine Model.



Proclaim the Gospel Always

Everything about us, all that we are, should "proclaim the Gospel from the housetops". All that we do and our whole lives should be an example of what the Gospel way of life means in practice, and should make it unmistakably clear that we belong to Jesus. Our entire being should be a living witness, a reflection of Jesus.



Blessed Charles de Foucauld
September 15, 1858 - December 1, 1916