

Follow Session 3 Handout

Review of Teaching

- The environment is important. Think about Incense, background music, candles, holy pictures/objects.
- Try to find the best time for you when your mind is more focused, give God your “first fruits”.
- Meditate upon the practice of prayer being important and in and trusting of yourself to God, trusting that he will take care of the rest. Recall Jesus’s miraculous catch in Luke chapter 5:1-11.
- Handling Distractions:
 - Treat interrupting thoughts like children playing in the room. Don’t give them too much attention.
 - Be patient with loosing your train of thought, just quietly put your eyes/attention back on Jesus, again don’t give this distraction too much energy.
 - Know that as you struggle with these, even if it does not feel like prayer, it is. If God gives us the grace, and over time, we will be able to better focus.
- Light technique to quiet oneself before prayer:
 - As you breathe in, imagine light coming up through the bottom of your feet into your body. As you breathe out imagine all the light leaving your body out through the bottom of your feet into the earth.
 - At the beginning allow the light to only come up a short way, and as you continue, allow it to come a bit higher, e.g. to ankles, then calves, then knees, then waist, then stomach, then chest & arms, then nose, then top of head and entire body. Each time you exhale, exhale all the light out of your body into the ground.
 - Another technique is to just focus on your breathing.
- Praying with an Image of God.
 - Put yourself in the scene of any image from scripture or nature. E.g. sitting at the feet of Jesus as Mary did in Luke’s Martha and Mary passage, or in the Father’s Embrace for the Prodigal Son passage.

Homework assignment #3

Continue to pray as we have been learning, but also try to spend a little time coming too quiet like we learned today, either by focusing on your breathing, or doing the light exercise. Choose which passage you prefer Luke 10:38-42, Martha and Mary, Luke 15:11-32, the prodigal son, or Peter’s miraculous catch Lk 5:1-11. (I am not suggesting you pray all three, I am suggesting you select one at the very beginning and stick with it all week. 😊.)

Put yourself in the various positions of Martha and Mary, the Prodigal and older son, or Peter. Also put yourself in the position of other persons in the passage, and/or also a “birds eye view” or 3rd person perspective. Don’t forget to spend the last part of your prayer time each day praying with an image from the scripture and open your heart to God’s and allow him to transform it.