



## How to get the most from this prayer time...

This moment of reflection and prayer is a way to take some time out from the business of your day. Make the place you are going to pray be a place of comfort. The suggestion is that you set up a small prayer space, a dedicated space. It will be easier to set time aside every day. Know that you are not alone; Jesus and the Holy Spirit will be there with you, loving you and ministering to you...

The objective of this meditation has three aims...

1. Bite size text to read daily over the week as a way to deepen your relationship with Jesus. To get the most out of the text, journal the movements of your thoughts and emotions...
2. Ponderings - to enhance your reading of the text. To extend your prayer on the text. What struck me? How is it impacting me? Do I feel - happy, sad, joyous, challenged...
3. Use the second page to Go DEEPER in to the text. Allow up to 20 minutes.

### Contents

- Meditation Text
- Ponderings ...
- Desire...
- Reflection...
- Dive DEEPER ...
- Prayer & Desire...

### References:

Jesus Is My All in All, Novena to St Teresa of Calcutta, (MT-N)

Bible Ref: Good News Bible, Collins Fontana

## Meditation Text...

In the silence of our hearts, God speaks of His love; with our silence, we allow Jesus to love us... (MT-N,1)

Deep down in every heart there is a knowledge of God. And deep down in every human heart there is the desire to communicate with Him... (MT-N,2)

## Ponderings...

These thoughts are suggested to help you to respond to the text. Give yourself 5 - 10 minutes to read and then re-read the text allow time for it to penetrate into your thoughts and heart - stay with a word or phrase. Notice the movements of your spirit, relax God is beside you, His desire is to be your friend - to love you...

- Silence - Is this easy for me?

Today I will give myself sometime for silence. In that silence can I bring my version of Jesus with me? What is my version? Do I need Him?

- Knowledge of God - Where do I place God in my life, in my day?

Today I will give myself time to consider God.

My reaction to searching deep in my heart leaves me feeling...

### Desire:

Be grateful for the abundance of love God has for you today.

## Upcoming Meditations

- ◆ More Meditations
- ◆ 9 Day Novena



*Mother Teresa ...  
 'Holiness is not the luxury of  
 the few, but a simple duty  
 for you and me...  
 it depends on God and  
 myself, on God's grace and  
 my will. The first step to  
 becoming is to will it'*

*'Deep down in  
 every heart there  
 is a knowledge of  
 God. And deep  
 down in every  
 human heart there  
 is the desire to  
 communicate with  
 Him.'*

## Meditation Text...

In the silence of our hearts, God speaks of His love; with our silence, we allow Jesus to love us... (MT-N,1)

Deep down in every heart there is a knowledge of God. And deep down in every human heart there is the desire to communicate with Him... (MT-N,2)

## Reflection...

When I look back on my day and recount how it has gone I realise that there are many options I can choose throughout the day. Usually the best outcome is when I choose to include God at the beginning of the day instead of grabbing Him when I'm floundering! I usually just crash into the day with a list of dos and don'ts! Most from the day before that I didn't get to tick off. Why is it that I spend so much time thinking of lists To Do? Is it possible to change my focus?

Mother Teresa had a simple way to live. She included Jesus in the morning; she handed over her day to Him.

One of her sisters said to me, 'Mother told us to empty ourselves every day before Jesus in the tabernacle, giving Him all we had to offer that day. Then when we received Him in the Eucharist we allow Him to fill us up! We then could bring Him to those we meet in that day and offer Him to them. They offer Him back to us in the distressing disguise of the poor. We are both changed by the encounter.'

## Diving deeper...

What does it mean 'deep down in every heart there is a knowledge of God?' Surely if we were to experience that every day we would be gliding around not bothered with the hustle and bustle of the day. If this statement from Mother Teresa is true and here we must look at her life's work to see if she lived as she thought; it offers at the very least an expectation. If we don't know, why don't we know?

It comes down to the desire or willingness to spend time with our God

who 'so loved the world, He gave His only Son' (Jn3:16). Is there an openness to listen too, to open up to or even allow myself to be loved as God loves? How might I start this journey of being loved? Do I know Jesus through His Word? Do I feel loved?

Am I resisting the opening of my heart, and my thoughts to the possibilities of being loved as God loves? How do I notice my reactions as I go deeper into this reflection? What is my prayer for today?

## Prayer & Desire...

### Prayer:

St Teresa of Calcutta, you allowed the thirsting love of Jesus on the Cross to become a living flame within you, and so became the light of His love to all.

Obtain from the Heart of Jesus (*here make your request*). Teach me to allow Jesus to penetrate and possess my whole being so completely that my life,

too, may radiate His light and love to others. Amen.

Immaculate Heart of Mary, Cause of Our Joy, pray for me.

St Teresa of Calcutta, pray for me.

### Desire:

Be grateful for the abundance of love God has for you today.