



## 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

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### References:

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

Bible Ref: Good News Bible, Collins Fontana

## Meditation Text...

We know Jesus through faith by mediating on His Word in the Scriptures, by listening to Him speak through the intimate union of prayer... (MT-N,3)

I am just a pencil in the hands of the Lord. It is His work. We are called upon not to be successful but to be faithful... Without Him I could do nothing... (MT)

## 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...

- Knowing Jesus? What does this mean for me? Am I ready to have a relationship with Jesus? Does he really want me? How does it feel when you contemplate that He promises to be with you for all time? *'I will be with you always, to the end of the age (world).'* Matthew 28:20
- What does it mean to be a pencil in the hands of God? What can I offer? God gifts us with faith, with this faith *'whoever comes to God must have faith that God exists and rewards those who seek him.'* Hebrews 11:6

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

### Desire:

Be grateful that God loves you and will never leave you.

## 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'*

*'Teach me your  
ways. O Lord;  
make them known  
to me. Teach me  
to live according  
to your truth for  
you are my God,  
who saves me. I  
always trust in  
you.'*

## Meditation Text...

We know Jesus through faith by mediating on His Word in the Scriptures, by listening to Him speak through the intimate union of prayer... (MT-N,1-3)

I am just a pencil in the hands of the Lord. It is His work. We are called upon not to be successful but to be faithful... Without Him I could do nothing... (MT)

## Reflection...

When I think of the times that I have been unable to accept who I am and that I can be useful not only to others but to God it surprises me where my thoughts go. As the moment of pain moves I am left empty and lost and yet I am reading these words that God wants me and even more He has a purpose for my life! At times when I read the word intimacy I wonder am I ready for this? I may be more content to just meander through the days being lost or hurt closed in on myself for I know how to do that day in and day out. It seems that

God wants more from me but can I trust His words to me. I'm not sure that I am ready to give more when I have already given so much of myself to others and I have been hurt so much and yet, these words of intimate union are compelling. Breathe in the possibility of God's love. If I am to believe that He created me how do I open up to this God who loves me? *'Teach me your ways. O Lord; make them known to me. Teach me to live according to your truth for you are my God, who saves me. I always trust in you.'* Psalm25:4-5

## Diving deeper...

It is a strange word 'pencil' and yet why does Mother Teresa use this word? It is intriguing. The very nature of the use of the pencil is that it is not permanent it can be lightly written when confidence is low; it can be darker when confidence is high. It flows and creates pictures, beauty! It is guided by the hand of the user. If I am in the hand of the creator many things can be created and this creator is God the Father, He is confident in my presence and in my life. 'Not successful' there's a thought, if

success is marked by moving to the next level in human terms why is Mother Teresa saying that it is not as important as faith? Surely success marks us out as going places. Where are these places? Do they take us away from the people who are with us on our journey of life? Yet the fruits of Mother's labours brought amazing success and results - the poorest of the poor are loved and given shelter in her homes. So maybe allow this thought of what faith gives to life some time to rest in the heart.

## 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 that God loves you and will never leave you.