

**Mental/Contemplative Prayer**

1 min: Say a *brief* opening prayer. (See below)

2 mins: Read a short passage from the Bible (Matthew 5: 1-12)

3 mins: Reflect on the passage

2 mins: Read a short passage from the Bible (Matthew 5: 13 – 16)

3 mins: Reflect on the short passage

2 mins: Read a short passage from the Bible (Matthew 6: 25 – 34)

3 mins: Reflect on the short passage

2 mins: Read a short passage from the Bible (Matthew 7: 1 – 5)

3 mins: Reflect on the short passage

2 mins: Read a short passage from the Bible (Matthew 7: 7 – 12)

3 mins: Reflect on the short passage

2 mins: Read a short passage from the Bible

3 mins: Reflect on the short passage

1 min: Say a brief prayer of thanksgiving

Suggested brief prayer: Beginning of Prayer time

*“My Lord and my God, we thank you for all the ways you have blessed us in the past, all the ways you are blessing us today, and all the ways you plan to bless us in the future. Open our hearts and minds to the wisdom you desire to share with us during this time of prayer.  
Amen.”*

Suggested brief prayer: End of Prayer time

*“My Lord and my God, we thank you for these moments of prayer and for all the inspirations and resolutions you have placed in our hearts. Give us the courage to live them in our lives.  
Amen.”*

Kelly states that day was one of the best days of his life. When we have a spiritual awakening, it is as if the sky seems bluer, water tastes fresher, all of life appears in high definition, and every sight, sound, touch, and taste is richer and fuller. And it all begins with PRAYER. (Pg. 32)

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**Dear Soul of Mine,**

*Set the worries of this world aside,  
and allow yourself to soar like a bird on the wind.  
Listen to the whispers of your Creator calling gently to you,  
inviting you to remember that just as the body needs food,  
so too your soul needs to be nourished.”*

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*“Our live change when our habits change. They change for the better with good habits and for the worse with self-destructive habits. Daily prayer is life’s essential habit, laying a foundation upon which many great practical and spiritual habits can spring form.”*

Matthew Kelly, *I Heard God Laugh* (Pg. 35)

**Q: If you could ask God for anything, what would you choose?**

Wisdom like Solomon at age 12 when he became King of Israel?

Teach me to pray like Jesus’ disciples?

Other?

Jesus practiced the *Essential Habit*; He prayed often. He would go to quiet places and pray. The need for prayer is universal and ***prayer is the pathway to wisdom.***

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*“Teach us to pray is the spoken and unspoken desire of every person, in every place and time. It reflects a desire for wisdom, which in turn reflects a desire to learn how to love and discover the-best-way-to- live.”* *I Heard God Laugh* (Pg. 36 – 37)

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**The Prayer Process:** A simple method of prayer that teaches people to pray as they pray.

Matthew Kelly (dynamiccatholic.com)

- Does not require a mentor, guide, or instructions
- Has *prompts* that lead into powerful experience of pray AND teaches HOW TO PRAY
- Anyone can do, anytime, anywhere; just need to get started now
- It expands or contracts to meet us where we are with what we need
- Can be done in one minute or ten or a whole day
- Teaches us to pray deeper and deeper just by practicing it anytime, anywhere
- It is a game changer, a life changer for both inner and outer lives
- It is a guide for daily prayer
- Goal is to have *intimate conversations* with God
- Provides blueprint for creating and sustaining a dynamic habit of daily prayer throughout life
- Impacts a person’s life, relationships, work, health, decisions, every aspect of your life
- One of the highest *spiritual gifts*

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*“There is NOTHING more important of fulfilling than developing a friendship with God.”*

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## One Minute Prayer Process

1. Gratitude: Thank God for whatever you are most grateful for today
2. Awareness: Talk to God about any situation where you were not the-best-version-of-yourself and what you learned from them
3. Significant Moments: Think about your day. Was God trying to say something to you in an event of person”
4. Peace: Ask for God’s forgiveness and His deep, abiding peace
5. Freedom: Speak WITH God about what He wants for you to become the best-version-of-yourself
6. Others: Pray for others
7. Finish: Pray the prayer Jesus taught us to pray: The Our Father

To learn more, read *I Heard God Laugh* (Pages 41 – 45)

While there are thousands of ways to pray, the *PRAYER PROCESS* offers an *increased awareness* of who we are and what is happening *within* and *around* us AND how God is at work in everything we do. We learn to live CONSCIOUSLY. (Pg.42 – 43). We become aware of the miracles that are happening within and around us *every day!*

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*“A life with prayer is better than a life without prayer.”*

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One day at a time sweet Jesus  
That's all I'm asking from you.  
Just give me the strength  
To do every day what I have to do.  
(Christy Lane)