

First Day



RESPONDING TO A CALL



# Daily Meditation



## INTRODUCTION

To begin our retreat, we consider an essential aspect of prayer: that prayer is a response to a call.

## INVITATION TO CONTEMPLATION

First of all, I am taking a moment to contemplate. I seat myself, present to the current moment, relaxed. I am breathing, calmly.

With the eyes of faith, I make myself attentive to God's presence, which resides in my heart. I thank him and entrust myself to his love.

## SIGN OF THE CROSS

I pray in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## PRAYER TO THE HOLY SPIRIT

Holy Spirit, ignite in my heart a new burning for you.

## THE WORD OF GOD

In chapter twenty-one of the Gospel of Luke, Christ tells us: “Pray without ceasing!”

## MEDITATION FROM FR. JACQUES PHILIPPE

The first thing that should motivate us and encourage us to enter into a life of prayer is that God himself invites us. Man seeks God, but God seeks man far more. God calls us to pray to him, because, since the beginning—and way more than we can imagine it—he ardently desires to enter into communion with us.

The most solid foundation for a life of prayer isn't our own efforts, our own personal initiatives, or our desires (they have their place, but can sometimes be insufficient). The most solid foundation for a life of prayer is God's calling.

We don't pray because we desire God, or because we expect particular advantages from our prayer life, but, first and foremost, we pray because God asks us to. And, in so asking, God knows what he's doing. His project infinitely surpasses what we can see, desire, or imagine. There is, in prayer, a mystery that absolutely surpasses us. The engine of prayer life is faith, in the sense of confident obedience to what God suggests to us. We are unable to imagine the immense positive repercussions of this humble and trusting response to God's call, like Abraham, who undertook a journey without knowing where he was going but who became the father of many.

If we pray because of the advantages that we count on obtaining from prayer, we run the risk of being discouraged someday. These advantages are neither immediate nor measurable. If we pray with a humble attitude of submission to God's Word, we will always have the grace of perseverance.



## PRAYER

Lord, you never stop calling us to follow you and to love you. Grant that we may hear your call this day, encounter you in prayer, and respond to you generously. We ask you this through the intercession of Mary.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## DAILY RESOLUTION

Today , I will think as often as possible how God loves me, and how happy he is when I take a few moments out of my activities to think of him and confide in him.

## THE LIGHT OF THE SAINTS

“I want to be faithful, very faithful to prayer every day, in spite of all the dryness, boredom,

or distaste that I may encounter . . . in spite of the unpleasant, discouraging, threatening things the Devil may tell me! . . . On days of trouble and torment, I will tell myself: God wants this, my vocation requires this, and that's enough for me! I will do the prayer, I will keep at it for the whole time I have been told to, I will do the prayer as well as I can, and when it is time to stop, I will say to God boldly: 'My God, I haven't prayed, I haven't worked, I've done nothing, but I've obeyed you. I've suffered a lot, but I've shown you that I love you and want to love you.'

—Marthe Robin<sup>1</sup>

“I expect nothing more than that you wait for me.”

—Jesus to Sister Mary of the Trinity

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1. Marthe Robin, as quoted in Jacques Philippe, *Thirsting for Prayer* (New York, N.Y.: Scepter, 2014), p. 8.

## GUIDE FOR A SECOND PRAYER TIME

Man seeks God, but God seeks man much more. I am meditating by repeating Jesus' words several times: "*You did not choose me, but I chose you and appointed you that you should go and bear fruit*" (Jn 15:16).

I contemplate God's desire to enter into a relationship with each one of his children, the desire that he has to communicate himself to us so as to be our supreme Good.

I keep myself in God's gaze; I have confidence in his love, and I let myself be drawn in by him.