

It's All in the Attitude

Suggestions for further reflection



How has your prayer changed over the years?

If your prayer hasn't changed much, why not? If there is resistance, what is its source?

Reflect on your image of God. How does that impact your prayer?

How might you increase your awareness to "pray always"?

What image of God is sustaining you during these "unprecedented times"?

Where do you find God? In the sacraments? In nature? With your loved ones? In what other "place" do you find yourself standing in awe and wonder in God's presence?

Reflect on the words of Fr. Mychal Judge: "When I don't know what's next, I get down on my knees and pray, 'Lord, take me, mold me, fashion me, show me what You want.' Then I watch and listen and it will come." How might his prayer guide you in taking action?

Reflect on the words of John, 15: 4: "Make your home in me as I make mine in you." What must you do to make more room for God's Son in your "home"?



Read Jeremiah 29: 11-14.

As you look to your future, what are your deepest desires for yourself and/or loved ones? What do you hope for? What do you fear? What do you need from God as you look ahead?

Journal your responses.

Reflect on these words of Meister Eckhart:

Above all else, then: be prepared at all times for the gifts of God and be ready always for new ones. For God is a thousand times more ready to give than we are to receive.

For the person who has learned to let go and let be nothing can hinder. Then each creature points you toward God and toward new birth and toward seeing the world as God sees it: transparently!

Thus all things become nothing but God. And we learn to know with God's knowledge and live with God's love. When we learn this, we know that everything praises God

For all paths lead to God and God is on them evenly for those who know with transformed knowledge.

What is best is to take God and enjoy God. In any manner, in any thing. All my life this has been my joy. God does not ask anything else of you except that you let yourself go and let God be God in you.

A Psalm of Longing (Ed Hayes, *Prayers for a Planetary Pilgrim*)

My spirit hungers for your love, O Divine Maker of hearts, for the taste of your joy and the aroma of your peace.

May this time of prayer fill me with the whisper of your presence and let me feel the touch of your hand upon my heart.

How I long for the depths of your love, to know your quiet constancy, the feast of your friendship that feeds me without end.



Oh, how my soul longs for you. You elude all names we give you and dwell beyond the grasp of brilliant minds. Your essence pulses within every atom yet extends beyond the far frontiers of space, unscanned by the strongest telescopes.

Awaken me to your presence, now, in this moment, in my heart. Amen.



Write your own prayer, sharing your thoughts, feelings, hopes and fears with God.