

Let Us Pray

Lord,
I enter into prayer with you
knowing it is not perfect collection of words
that you seek, but a contrite and loving heart
yearning for union with you.
As my prayer life develops
let me remember that all I have is gift,
including my faith life
and the propensity to seek you
through prayer and the sacraments.
Thank you for your ultimate sacrifice,
so that I may know you intimately and personally
here on earth, while anticipating perfect union
with you in heaven.
Amen.

Archbishop Fulton Sheen ***Treasure in Clay* 191**

“Silence in the (Holy) Hour is a tete-a-tete with the Lord. In those moments, one does not so much pour out written prayers, but listening takes its place. We do not say, ‘Listen, Lord, for Thy servant speaks.’ But ‘Speak Lord, for Thy servant heareth.’”

Catholic in Recovery Twelve Steps and Sacraments Study Week 11: Conscious Contact with God



Catechism of the Catholic Church:

“Prayer is both a gift of grace and a determined response on our part. It always presupposes effort. The great figures of prayer of the Old Covenant before Christ, as well as the Mother of God, the saints, and he himself, all teach us this: prayer is a battle. Against whom? Against ourselves and against the wiles of the tempter who does all he can to turn man away from prayer, away from union with God. We pray as we live, because we live as we pray. If we do not want to act habitually according to the Spirit of Christ neither can we the Christian’s new life is inseparable from the battle of prayer.” **2725**

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Going Further

1. What is your prayer life like?
2. In what ways have you personally experienced God through the Eucharist?
3. How can you enrich and enlarge your conscious contact with God through both prayer and participation in the Sacrament of the Eucharist?
4. Seek another individual that has a God-conscious attitude toward life and ask him or her how they pray. Humbly seek ways to improve your conscious contact with God.
5. Set aside time to be silent and pray each day. This may begin with just five minutes a day, but choose a time that you can go back to regularly. After you have established a routine, expand the amount of time that you are committing to prayer on a daily basis.