

Oremus: Week 2

Sts Anne and Joachim Catholic Church

Read slowly, meditatively through each Scripture passage, once a day

Read the passage once to become familiar with the text

Slowly read the passage a second time

Very, very slowly read the passage a third time

Pay attention to which word, words, or phrases captures your attention or tugs at your heart.

Talk to God about what is on your heart...and listen.

Day 1: Matthew 11:28-30

Day 2: Isaiah 55

Day 3: Isaiah 43:1-7

Day 4: Mark 10:46-52

Day 5: Isaiah 26:8-13

Day 6: Matthew 18:12-14

Day 7: Revisit the prayer that was the most meaningful this past week.

For each day, journal the following responses

- 1) The "strongest" thought or feeling during my prayer was...
- 2) My heart "rested" when...
- 3) I sense the Lord was telling me...
- 4) I ended the prayer wanting...