

Oremus: Week 6 Discernment in Prayer

Sts Anne and Joachim Catholic Church

Practice the art of imaginative prayer or Lectio Divina

Be in the scene, be the one who prays the Psalms

Imagine yourself as a character in the passage. Do as that character does.

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

Day 1: Psalm 51

Day 2: Psalm 6

Day 3: Luke 15:11-16

Day 4: Romans 7:11-19

Day 5: John 8:1-11

Day 6: Psalm 51

Day 7: Psalm 51

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...