

PRAYER METHODS - SCRIPTURES

AT RANDOM MEDITATION

Taken from the book "You Can Pray" of P. Ribes, s.j.

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Notes:

- ✓ *This Scripture prayer method is very simple and requires least preparation*
- ✓ *You can take recourse to it when you wish to have a short word with God, or an encouraging or guiding thought from Him.*
- ✓ *It can be used whenever you have free time, or when you are worried, or tired, or confused, or in need of courage.*

Procedure:

- Relax in whatever place and position you are. .
- Pause for a while in silence and in reverent expectation.
- Next, ask The Holy Spirit for his light and guidance. .
- Then, at random, open The New Testament - specially the four Gospels - and read the first few lines that strike your eyes.
- Mull over a word or a phrase that touches you or catches your attention.
- Slowly, read it again and again.
- Next, ask yourself: What's the message the Lord is giving me through these lines, in this moment of my life?
- Pause for a while. Allow God to speak to you. .
- Stay with whatever feelings, inspirations and thoughts come to you.
- Now pray. Respond to God .Share your feelings and thoughts with him.
- Finally, try to formulate God's message to you in a short sentence.
- Ask the Lord to help you to live up to his inspirations and biddings.
- It may be helpful to record your experience in a prayer journal so that you may refresh it from time to time.
- Close your short prayer meditation with one "Our Father" and "Glory be"
- From time to time, during the day, remember the message God gave you through His Word and thank Him for it.