

A PRAYER METHOD

*Taken from the book "You Can Pray" of P. Ribes, s.j.
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Praying With Sacred Objects **The Baptismal Font.**

Introduction;

- ✓ *This prayer method consists of reflecting and praying on sacred objects found in our Churches and Temples.*
- ✓ *They are objects set aside to be used only for the worship of God and the dispensation of the Sacraments. That's why we call them " Sacred Objects"*
- ✓ *The most important ones are: The Baptismal Font, the Altar, the Tabernacle, the Confessional and the Lectern*
- ✓ *Lesser ones are: The Ciborium, The Chalice, The Monstrance, Candles, The Holy Water Font and still others.*
- ✓ *God disposed that we should use visible material objects as symbols and helps to reach Him the Invisible, the Spiritual Supreme Being*
- ✓ *By using these objects in faith God becomes present and active in us.*
- ✓ *This prayer method is better done within the Church's premises:*

PROCEDURE

!st. Part. Setling Down.

- Enter the Church Building; preferably, in a quiet moments, when there are neither crowds, nor services going on. A silent and prayerful atmosphere is wanted.
- For a while, sit, stand or kneel all alone by yourself.
- Quiet down. Relax.
- Ask the Holy Spirit to help you to pray.
- In silence go around the Church and observe attentively the five most significant Sacred Objects laying there: The Baptismal Font, TheAltar, The Tabernacle. The Confessional and the Lectern.
- Keep looking at them. Ask yourself: What do these objects remind me of?
- Be aware of the thoughts and feelings arising within you.
- From the objects mentioned, choose one that appeals to you at that moment.
- In silence, come close to that object and keep looking at it.
- As an instance of this method of prayer, we have chosen "The Baptismal Font" (*For future exercises you may choose other holy objects*)

2nd part: Reflection and Prayer

- Come close to the Baptismal Font.
- Remember what happened to you over here
 - As a baby, in this place, Jesus called you to Himself. Think pray and thank God.
 - Here, you received Baptism. Think, pray and thank God.
 - Here, you became a Christian, a Member of God's family. Think, pray and thank God.
 - Here; God accepted you as his beloved child. Think, pray and thank God.
 - Here, through your God-parents you accepted God as your Heavenly Father. Rejoice over it and thanked God for it.
 - Have you behaved like a true child of God from that moment on? Have you been a Christ-like person? Examine your life.
 - Have you ever wronged or disowned God, your Father, by sin? If so, say sorry to Him.
 - Remember the many good things you did in your life as a disciple of Jesus. Thank God for helping you to do them.
 - Call to mind the promises you made, long ago, at the Baptismal Font. Renew them now..
 - Will you strive to keep them, more faithfully, from today? Reflect. How?
 - Finally, come closer to the Font. Touch it. Feel it with love and gratefulness. Kiss it. This Font is sort of a divine womb where you were born a child to God.
 - Remain for a while in prayerful silence. Be aware of your feelings.
 - Do you remember the date of your Baptism?
 - Have you ever celebrated it as the greatest and happiest day of your life - the day, you became a child of God? Begin celebrating it from now on.
 - Has God blessed you being a Dad or a Mum to some children? What example, what values have you imparted to your kids, whom you got baptized over here? Check on yourself.
 - Have you given them an example of true Christian living? How to improve the quality of Christian life in your home? Reflect and take action.

Closure:

- Thank God for calling you to be a member of his family
- Ask God for his help and blessings.
- Then, make your mind to live up to "Your Baptismal Promises".
- Finally, recite "The I Believe" and "The Our Father"
- You may sing an appropriate hymn.