

# **PRAYER METHODS - SCRIPTURES**

## **GOSPEL NUGETS**

*Taken from the book "You Can Pray" of P. Ribes, s.j.  
Published by the Gujarat Sahitya Prakas.*

### **Note:**

- ✓ *This is a simple yet effective method to pray with the New Testament.*
- ✓ *It's a process meditation, initially starting with a short period of prayer – say about 5 minutes – incorporated in your morning prayers.*
- ✓ *And then, carried forward or taken over several times a day, just for a few seconds.*

### **Procedure:**

- At your morning prayers, - just take four or five minutes for this exercise - choose one of the quotes or sayings of Our Lord Jesus, culled from the Gospel of Mathew, printed below. (*You may also pick up other quotes from the other Gospels and from other parts the Bible*)
- Memorize the chosen quote. Thoughtfully and prayerfully, repeat it to yourself several times.
- Ponder over it. Grasp its meaning and apply it to yourself.
- Then, along the day, in between your normal occupations, for a few seconds only - (*while traveling, at recess or break times, at meals hour, etc.*)- recall your quote and keep repeating it to yourself, let it echo and re-echo within your mind throughout the day until it becomes part and parcel of yourself.

### **INSPIRING SAYNGS OR QUOTES OF OUR LORD JESUS.** (From Mathew)

1. They found the Child with his mother Mary
2. A voice was heard: This is my beloved Son, with whom I am well pleased
3. You must not put the Lord your God to the test.
4. Turn away from your sins, because the Kingdom of God is at hand.
5. Come with me, and I'll teach you to catch men.
6. Happy are those who are poor in spirit, the Kingdom of heaven belongs to them.
7. Happy are the meek, they will receive what God has promised.
8. Happy are those who desire to do what God wants, God will satisfy them
9. Happy are the pure of heart, they will see God.
10. Happy are the peace-makers they will be called sons of God.
11. You are the salt of the earth.
12. You are the light of the world
13. If your right eye causes you to sin, pluck it out it and throw it away
14. When you speak, "Just say, yes or no – anything else you have to say comes from the evil one.
15. You have heard it said: 'An eye for an eye, a tooth for a tooth' but I say to you, do not take revenge on someone who does you wrong.
16. Love your enemies and pray for those who persecute you, so that you will become the sons of your heavenly Father

17. You must be perfect as your Heavenly Father is perfect.
18. Do not heap riches for yourselves here on earth, where moths and rust destroy.
19. Your heart will be always where your treasure is.
20. No one can be slave to two masters. You cannot serve both God and money.
21. Do not worry about tomorrow and its needs.
22. Do not judge others, and God will not judge you.
23. Ask and you will receive, seek and you will find, knock and the door will open.
24. Do to others what you want they do to you.
25. The gate is narrow and the way is hard that leads to life and few people find it..
26. A healthy tree cannot bear bad fruit, and a poor tree cannot bear good fruit.
27. Not everyone who calls me Lord! Lord!, will enter the Kingdom of heaven, but only those who do the will of my Father...
28. Lord, if you want you can heal me!
29. Why are you so frightened? How little faith you have!
30. Courage my son, your sins are forgiven!
31. I do not want sacrifices, but mercy!
32. I have not come to call the good people but sinners!
33. Courage, my daughter, your faith has made you well.
34. Do you believe that I can cure you?
35. As He saw the crowds his heart was filled with pity for them, because they were like sheep without a shepherd.
36. The harvest is large, but the laborers few.
37. When you enter a house, say "Peace with you"
38. You must be as cautious as snakes, and as gentle as doves,
39. No pupil is greater than his teacher; no slave is greater than his master.
40. Do not be afraid of men, who can only kill your body, but cannot kill your soul.
41. Whoever loves his father or mother more than me is not worthy of me.
42. Whoever does not take up his cross and follow me is not worthy of me.
43. He who wants to save his life will lose it, but whoever loses his life for my sake will save it
44. Father in heaven, I thank you, because you have shown to mere children what you have hidden from the wise and learned.
45. Come to me, all of you who are burden and tired and I'll give you rest,
46. I am gentle and humbled of heart and you will find rest in me.
47. The mouth speaks what the heart is full of.
48. On judgment day everyone will have to give an account of every useless word he has spoken.
49. Who is my mother? Who are my brothers? Whoever does the will of my Father in heaven, he is my brother, my sister and my mother.
50. The seed that fell among thorns stands for those who hear the message, but the worries of life and the love for riches choke the message, and so they do not bear fruit.
51. The kingdom of heaven is like a treasure hidden in the field a man happens to find, so he covers it up again. He sells everything he has and buys the field.
52. Courage! It is I. Don't be afraid! How little faith you have. Why did you doubt?

53. The things that come out of the mouth come from the heart; such things make a person unclean.
54. I feel sorry for these people, they have been with me for three days and now they have nothing to eat.
55. What about you? Who do you say I am?
56. If anyone wants to come with me, he must forget himself, carry his cross and follow me.
57. What will it profit to a man if he gains the whole world but loses himself?
58. Remember this! If you have faith as big as a mustard seed, you can say to this hill: Go from here there, and it will go.
59. Unless you become like little children, you will never enter the Kingdom of God.
60. If your hand or your foot makes you turn away, cut it off and throw it away!
61. Where two or three come together in my name, I am there with them.
62. Forgive others, not seven times, but seventy times seven.
63. Let little children come to me. The Kingdom of Heaven belongs to such as these.
64. It will be very hard for a rich man to enter the Kingdom of heaven.
65. Many, who now are first, will be last, and many who are now last, will be first.
66. Are you jealous because I am generous?
67. What do you want me to do for you?
68. If anyone of you wants to be great, he must be the servant of all. And if any one of you wants to be first, he must be your slave.
69. The Son of Man did not come to be served, but to serve and to give up his life for the salvation of all.
70. My house will be called a house of prayer, but you are making it a market place.
71. The tax collectors and prostitutes are going into the Kingdom of God ahead of you.
72. The Kingdom of God will be taken away from you and given to a people who will produce the proper fruits.
73. Many are called, but few are chosen.
74. Give to Caesar what belongs to Caesar; give to God what belongs to God.
75. You must love the Lord your God with all your heart, with all your soul with your entire mind and your neighbors as yourself.
76. You must obey them (*The Authorities and teachers of the Law*) and follow everything they tell you, but do not imitate their actions. They do not practice what they teach.
77. Whoever makes himself great will be humbled, and whoever humbles himself will be exalted.
78. Heaven and earth will pass away; but my words will not pass away.
79. You must be always prepared because the Son of Man will come at an hour when you do not expect him.
80. You have been faithful in managing small amounts, now come on in, and share my happiness. .
81. Whenever you did for one of the least of my brothers or sisters, you did it for me.
82. During the meal Jesus said: "I tell you, one of you will betray me!"
83. Take and eat it, this is my body. Drink of it, this is my blood.
84. My father! If it is possible, take this cup away from me! But not what I want but what you want.
85. Keep watch and pray that you may not fall into temptation.

- 86.** The spirit is willing but the flesh is weak.
- 87.** Jesus cried in aloud voice” My God, my God, why have you forsaken me?”
- 88.** I have been given all authority in heaven and on earth, go now to ail the peoples on earth and make them my disciples.
- 89.** And remember! I will be with you always till the end of time!