

LOVE RADIATIONS

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

Published by the Gujarat Sahitya Parkash

A Fantasy Method of Intercessory Prayer

Note:

- ✓ *Fantasy can make us feel past events as present. Even more, it can make us feel that something is happening or that it has already happened when in reality did not.*
- ✓ *We have to be conscious of its value as a means of creating or recreating reality.*
- ✓ *If properly used fantasy can be an effective method in our prayer life.*
- ✓ *This intercessory prayer method of "Love Radiations" is based on fantasy*
- ✓ *It can be used personal prayer and also for moderation of prayer groups.*
- ✓ *It is suitable for all audiences.*

Preparation.

-
- Quiet down. Relaxation and breathing exercises may help.
- Invoke the Holy Spirit for help.
- Take a hymn of the Holy Spirit.

Introductory Bible Text:

(1. Jn. 4/7 – 12; 17, 19, 20)

“

Dear friends! Let us love one another, for love comes from God.

Whoever loves is a child of God and knows God.

Whoever does not love, does not know God, because God is love!

This is how God showed his love for us: He sent his only Son into the world that we might have life through him.

Dear Friends! If this is how God loved us, then we should love one another.

We love because God first loved us.

If some someone says: 'I love God' yet hates his brother, he is a liar.

For he who does not love his brother, whom he has seen, cannot love God whom he has not seen.

This, then, is the command that Christ gave us: "He who loves God must love his brother also".

Reflections on the Text

(Suggested thoughts)

- God is love. Love comes from God and leads us to God.
- Love, by its very nature, is communicative, it expands, it goes out to others.
- Love cannot be contained.
- At prayer, we communicate with God, we communicate with love.
- At prayer, we become one with God, with his love and its irradiating power.

- While at prayer, we cannot help irradiating God's love, spreading His love....
- The deeper our union with God in prayer, the more intense our love radiations will be!
- Let us become aware of these 'love-radiations' emanating from us while we are at prayer.
- At prayer, with God's assistance, we sanctify the world, save humanity, spread warmth, light, and life.
- Prayer is a constructive activity. Praying for others and for the entire world is service to humanity!

Fantasy. 'God, a Furnace of Love'

- Imagine, visualize God like a big furnace... all aglow.....feel the heat of that furnace.... the glow and brightness of that fire...
- It is the fire of God's love.... In his love, God irradiates heat and light.
- In fantasy now, enter into that furnace....feel its warmth....
- In turn, become incandescent...In the pretence of God and communing with God .you too become heat and light... you irradiate God's heat and blessings. ...

Personal Prayer:

- Pray alone for a while asking God for the grace of being able to **irradiate his warmth, his light, his life, his joy, his happiness and healing all around..**

Direct your love-radiations to others.

- Think of a person or of a group of persons for whom you want to pray.
- Direct your 'love-radiations' towards the one or those for whom you pray..
- Keeping praying for that person or persons until you feel satisfied.

Closing Prayer:

- Recite "The Our Father" and" Glory Be".
- Take an appropriate hymn like: "It was love that made us"

APPENDIX;

Kinds of people for whom you can pray for, to whom you may direct your love radiations.

In concentric Circles:

- To any particular members present in your group or to the entire group,
- To your home people as a whole or to each one in particular.
- To your relatives and family members.
- To your friends, acquaintances, neighbors.
- To your servants, employees, colleagues, your pupils, clients, patients.
- To any other person or persons you want to pray for.

To unfriendly people.

- To those you do not like and those who do not like you

- To those you hurt and those who hurt you....
- To those you have not forgiven or those who have not forgiven you.

To Groups of People in special need:

- The Poor
- The Exploited
- The Sick
- The Old
- The Hungry
- The Children
- The Youth
- Hindus
- Muslims
- Christians
- Sinners
- Etc.**