

NINE SHORT PRAYER EXERCISES TO EXPERIENCE DEEPLY THE LOVE OF GOD AS YOUR FATHER.

Intent of these jottings:

- ✓ *Simple and short exercises to experience God's love and forgiveness.*
- ✓ *To be used as points for meditation.*
- ✓ *As a preparation for a good sacramental confession.*
- ✓ *To help conduct short and meaningful prayer sessions.*

1. REMEMBER AND RELIVE PEAK-EXPERIENCES OF BEING LOVED

Experiences of love from:

- Parents
- Spouses
- Children
- Friends
- Benefactors
- Etc.

Remember that:

- God is the source or spring of all love.
- Any love Experience is a pale reflection of God's love.
- People are channels of the Love of God our Abba
- God is Love. Any genuine love-experience is a God-experience..

2. LOOK AT, VIEW AND EXPERIENCE ANY EXISTING THING AS THE GIFT OF GOD'S LOVE.

**Your very life is as a gift of God's love to you and a sharing in His very life.
The entire material creation is the sacrament of God's love
Dwell in the following thoughts and experience them**

- Food is God made eatable. *Enjoy God's love while eating*
- Water is God made drinkable. *Enjoy God's love while drinking*
- Air is God made breathable. *Enjoy God's love while breathing.*

- Light, is God made visible *Enjoy God's love while seeing*
- Sounds are God made audible. *Enjoy God's love while hearing.*
- Heat is God warming you *Enjoy God's warmth.*
- The ground is God holding you *Enjoy God's loving support*
- The earth and sky is God housing *Enjoy God housing you.*

3. EVERY PERSON IN THE WORLD IS A LIVING SIGN AND SACRAMENT OF GOD'S LOVE.

- People are gifts of God.
- They are God's very presence next to you.
- Images of God.
- In them, God makes Himself your companion n your journey heavenwards.
- Love God in them,
- Respect God in them.
- Serve God in them.
- Your family is a gift of God's inner life and loving communication.
- The Triune God's love is made palpable to you when you live in union of heart and mind with your family members..

4. EXPERIENCE YOUR FACULTIES AND POWERS AS A PARTICIPATION IN THE LOVING AND INFINITE POWERS OF GOD.

- Your talents are a 'sharing in God's riches. .
Use them well for the sake of God and of neighbors.
- Your intelligence is God's wisdom in you.
Be sensible, rational and prudent.
- Your power to love is God's charity, his very life poured unto your heart.
Like God love Him and love others purely and dearly for their sake.
- Your freedom is a share in God's infinite liberty and power.
Behave responsibly

- Your work, your accomplishments are a sharing in God's creative power.
Build a better world for all.
- Your education, your possessions your position in life, your friends etc. are sacraments that make God present to others.
Use them for the good of others.
Be conscious of the mystery you are

5. INDULGE IN A FANTASY

- Imagine that God your loving Father is calling you by name.
- Because God loved you into existence. YOU ARE!
- **God called you to be what you are.**
- **Love yourself as He loves you.**
- Accept yourself graciously.
- You are God's gift to yourself!.
- Thank him for the gift.

6. TAKE A PICTURE OF CHRIST CRUCIFIED OR A CRUCIFIX. STARE AT IT AND DISCOVER IN IT THE INFINITE LOVE OF GOD – YOUR FATHER

- The Person of Christ is the Gift of God's own love and life made man amongst us.
Come to know Him intimately, love Him deeply and follow Him closely.
- God did not spare his own son for your sake.
- Christ is the sign, the greatest sacrament of God's love for us his adopted children.

7. REMEMBER YOUR PAST SINS AND SHORTCOMING AND PLACE THEM BEFORE YOUR ABBA!

- Feel forgiven by his Fatherly love...

- Feel loved and accepted not only in spite of your falls, but precisely because of them...
- Not because you sinned, God loves you less and not because you sinned, you love Him less.
- Peter loved Jesus more after denial of his Lord than ever before.
- The experience of being forgiven makes us love more the one we have offended.
- Jesus said of Mary Magdalene: “Because she has been forgiven much she loves me more”

8. READ THE PARABLE OF THE PRODIGAL SON AND REFLECT ON IT.
NEXT, FANTASIZE AND RE-LIVE THE PARABLE.
MAKE YOURSELF THE ‘PRODIGAL’. Lk 15/11-24

- How does God, your Abba, feel about your home coming?
- After your return to your Abba, and His loving acceptance how do you feel towards your Father?

9. READ THE GOSPEL STORY OF THE WOMAN CAUGHT IN ADULTURY
Jn/ 8/1-11.

- Imagine you are at the feet of Jesus, God’s love made man
- After you own up to Him all your sins, you hear the words of Jesus; “*My child, I do not condemn you! Go in peace, and sin no more*”