

PHOTO ALBUM PRAYER.

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

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Remarks

- ✓ *This technique or prayer method prayer brings to our mind, in a prayerful mood, the memories of dear persons and events of our past life, joyous and sorrowful.*
- ✓ *It easily leads us to the prayer of thanksgiving, praise, petition and intercession.*
- ✓ *It's an easy and simple method that can be practiced any time, even when we are sick, tired or in low spirits.*

Procedure:

- Take your family photo album or any photos in your possession of past events of yours and of your family members, of friends alive or dead.
- Determine the length of time you wish to spend in this exercise.
- Quiet down. Relax. Relaxation and breathing exercises may help.
- Invoke the assistance of the Holy Spirit.
- Slowly, browse over the photos you wish to pray on. Pick those that appeal to you most.
- Keep looking only at one picture at a time. Be aware of the memories and sentiments it evokes within you.
- **Remember and relive the event portrayed in the photo, not only with your memory, but much more with your heart.**
- After a while, according to the circumstances of the event, the persons involved in it, and in keeping with the memories and feelings emerging within you, spontaneously,
 - Thank God.
 - Praise Him.
 - Ask God to bless you and the persons in the photo, etc.
- When you finished praying with one photo, take a second one, and then a third one and so on following the same procedure till the time for prayer is over.

Closure:

- When the prayer time is over, say "The Our Father"
- .Recite or sing an appropriate hymn of Thanksgiving or Praise.