



CONTEMPLATIVE PRAYER IN FAMILY LIFE

The Wisdom of St. Elisabeth of the Trinity for the Lay Faithful

A Friend How wants to help your
family live in the deep silence, truth
and freedom of God's Word

ST. ELISABETH OF THE TRINITY

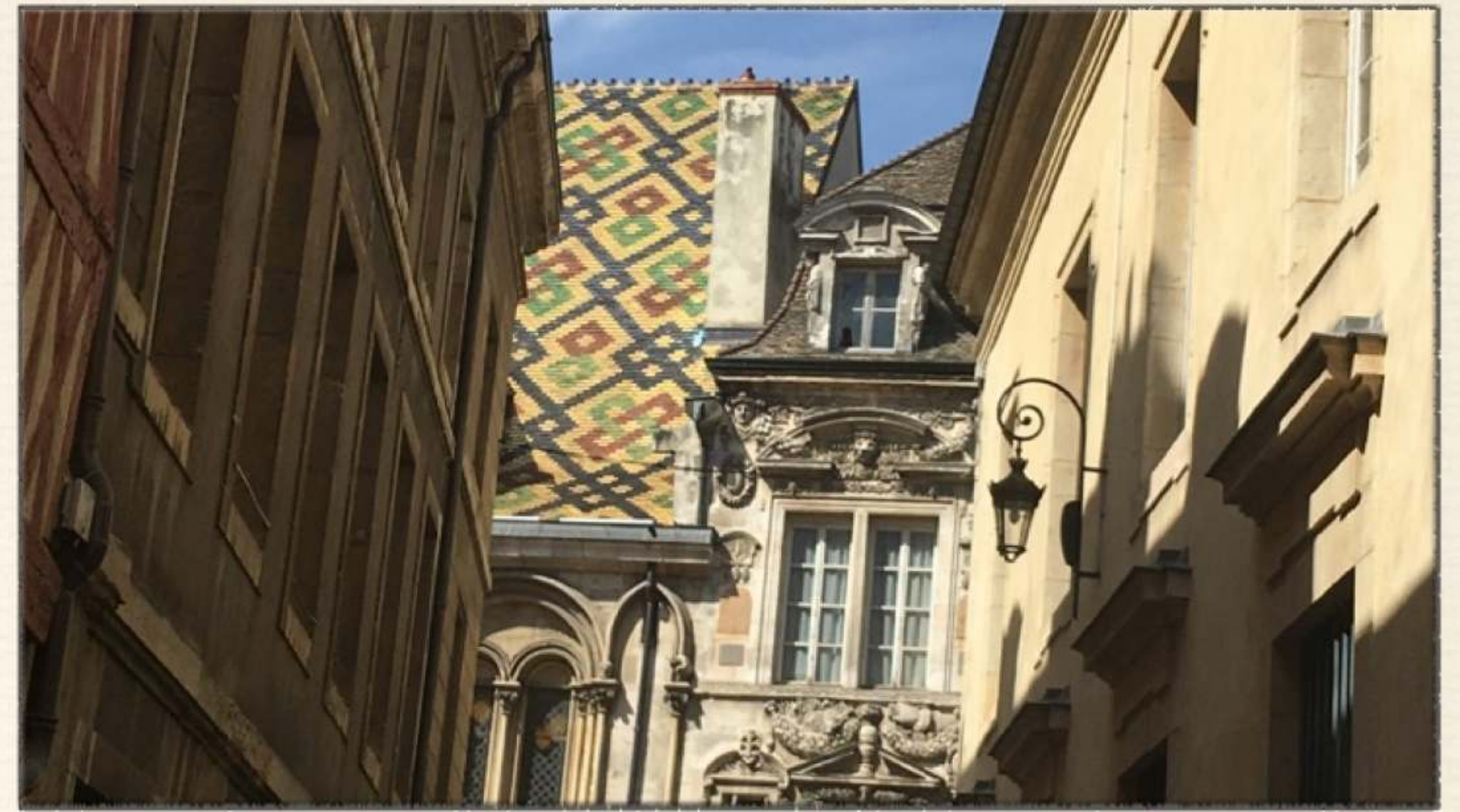
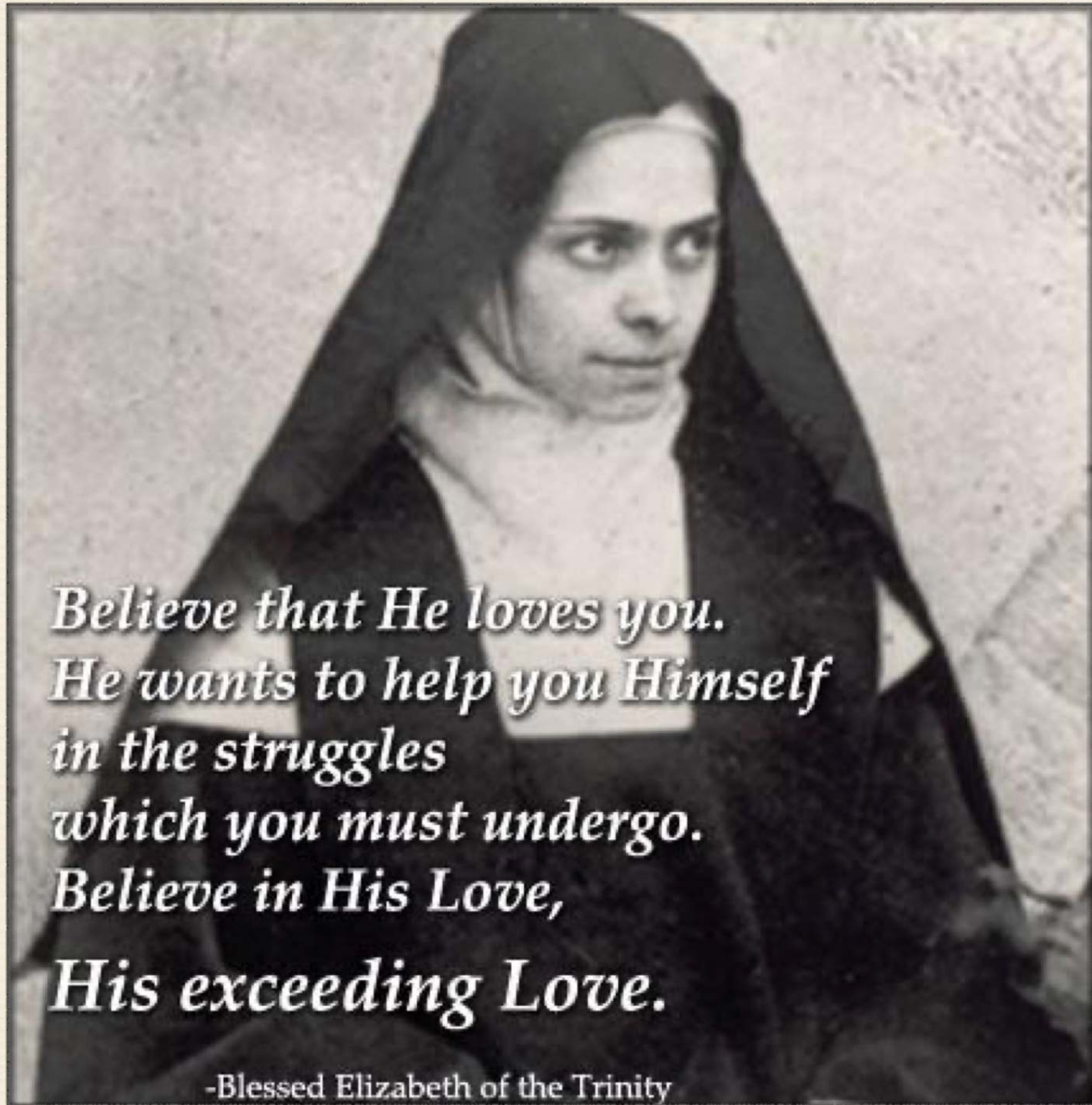


**“If anyone loves Me, he will keep My word;
and My Father will love him, and
We will come to him
and make Our home with him”**

John 14:23

**“See how the Master expresses
His desire to dwell in us.
Love, here is what attracts,
what draws God to His creature:
Not delicate, but strong as death.”**

St. Elisabeth of the Trinity, Heaven in Faith, 9



A Spiritual Mission

- ❖ In heaven, my mission will be to draw souls by helping them to go out of themselves in order to cling to God by a wholly simple and loving movement, and to keep them in this great silence within which will allow God to communicate Himself to them and to transform them into Himself. Letter 335

If the human person exists, it is because God has created him through love,
and through love continues to hold him into existence.

Vatican II, Gaudium et Spes 19,1, CCC #27



The Saints on Contemplative Prayer

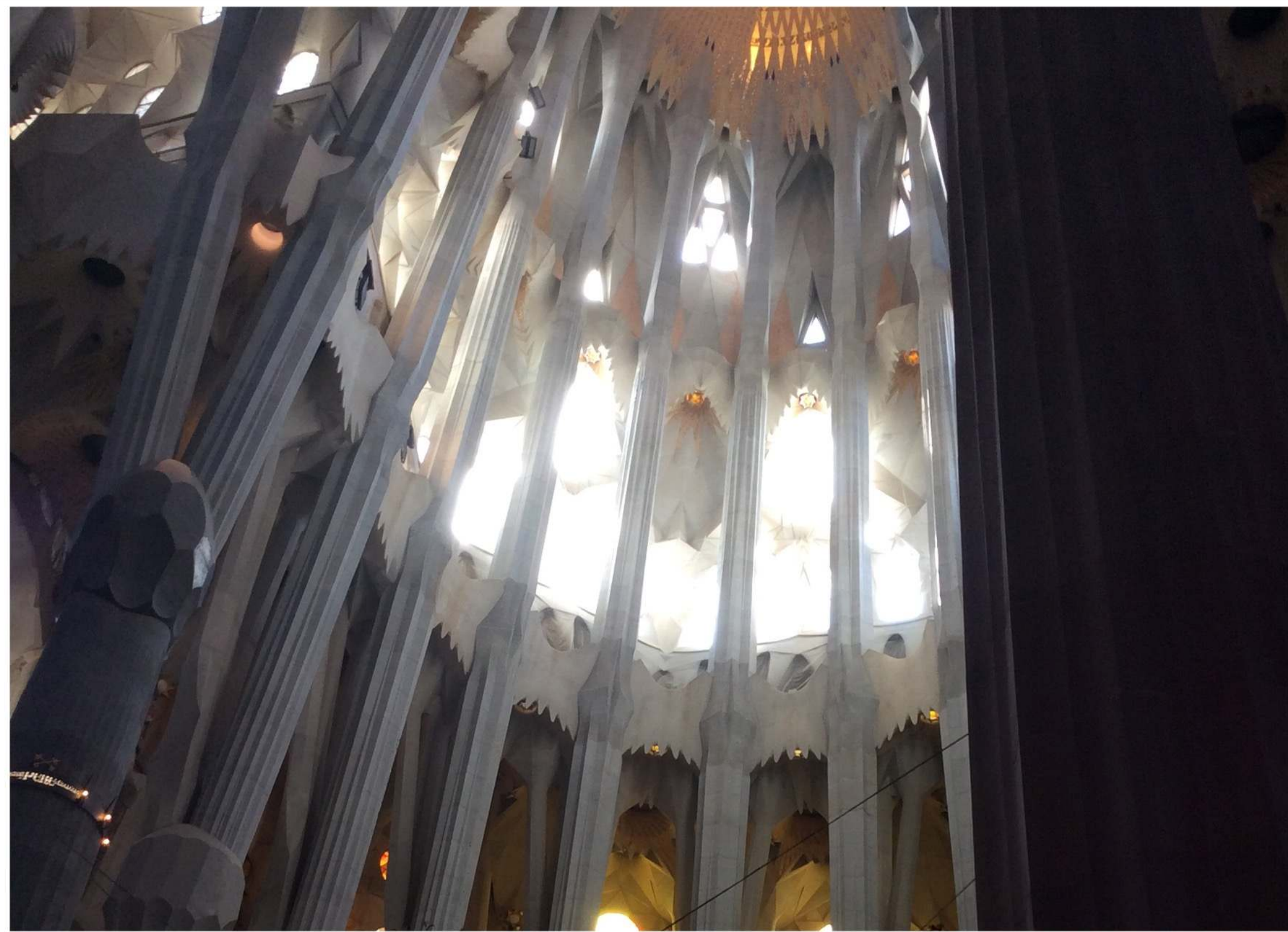
**“Contemplative prayer is nothing else than a close sharing between friends;
it means taking time frequently to be alone with him who we know loves us”**
(Vita 8, 5 see CCC #2709)



Father, I will that, where I am,
Those who you have given me might also be;
In order **that they might see** the glory
That you have given me because you have loved me
From before the foundation of the world.

John 17:24

IN CONTEMPLATION, THE WORD MOVES IN US THROUGH THE HOLY SPIRIT – COMMUNICATING THE MERCIFUL LOVE OF THE FATHER



- St. John of the Cross describes contemplation as the Word of the Father moving in the deepest substance of the soul – Living Flame 4, 4.
- The deepest center of the soul is where the Father summons the soul into existence out of pure love.

In this same act of love, He sends the Son and the Spirit into the soul of the baptized as a personal possession.

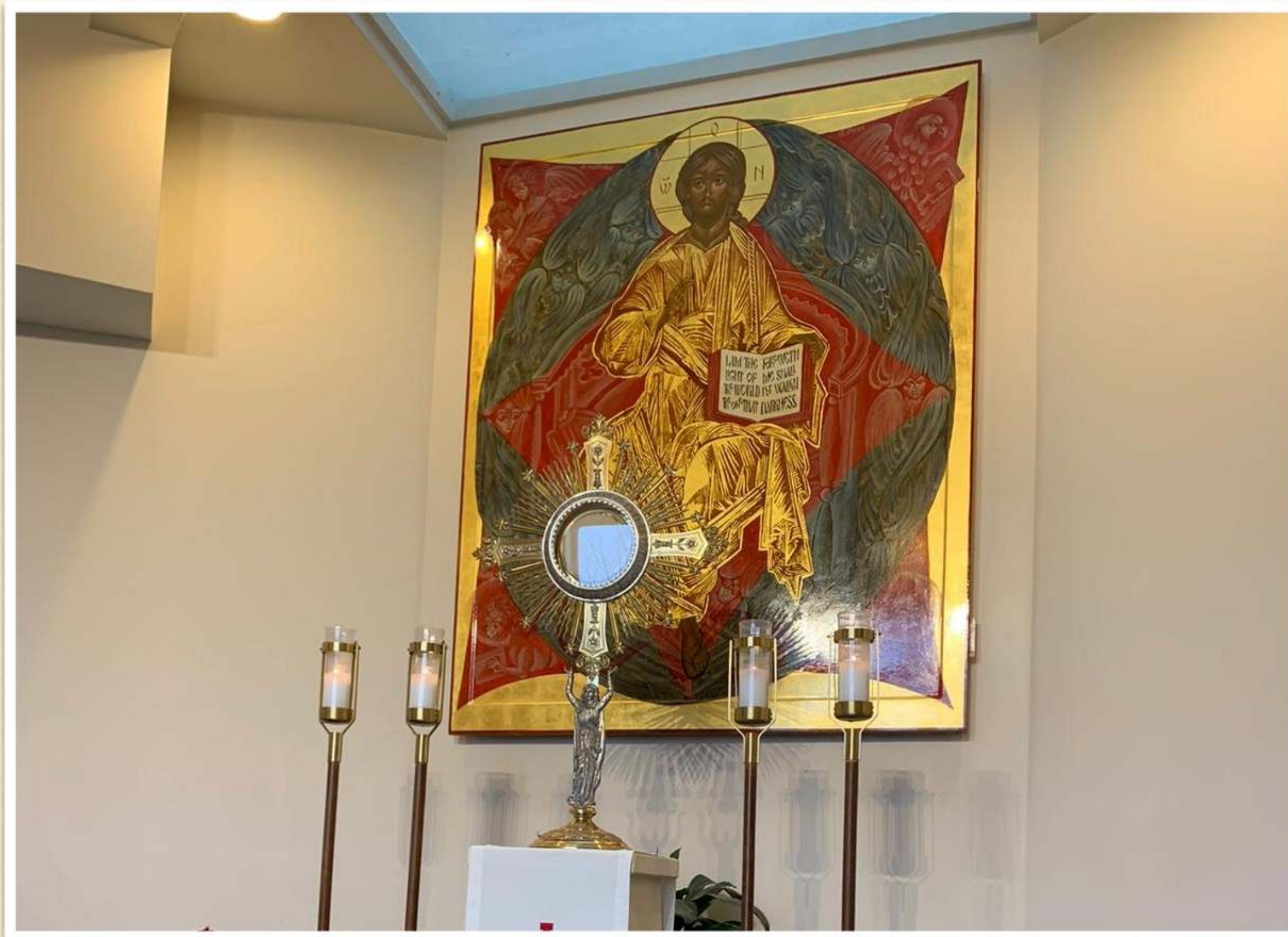
When the Word moves in the power of the Holy Spirit, it transforms not only the soul, but all of creation through the Seven-fold Gift.

THE SACRED: LIFE'S ORIENTATION POINT

- Deeper than all the powers of your soul where no technique or method but only faith can enter:
- The Word summons you into existence and moving in the Holy Spirit the Father exclaims in the substance of your being through the loving gaze of His Son's eyes: "It is good that you exist"
- The whole cosmos is being re-created in this new paradise where the heart of God walks with the human heart:
- Every true act of worship goes to and flows from this sacred space, the orientation point for life.



MAKING SPACE FOR CONTEMPLATIVE PRAYER IN OUR HOMES



- **Establishing a Sacred Space in our home:**
 - The Crucifix, an image of Mary, a candle, holy water, the Bible and the Rosary
 - The need for silence, listening, and welcoming God's judgment into our hearts
 - Purification of our own judgments and the intensification of family life

This involves choosing the Biblical passage, creating a prayerful atmosphere, and reading and reading the text slowly

LECTIO DIVINA —

FIRST STEP OF THE LADDER:

LECTIO: HOLY READING



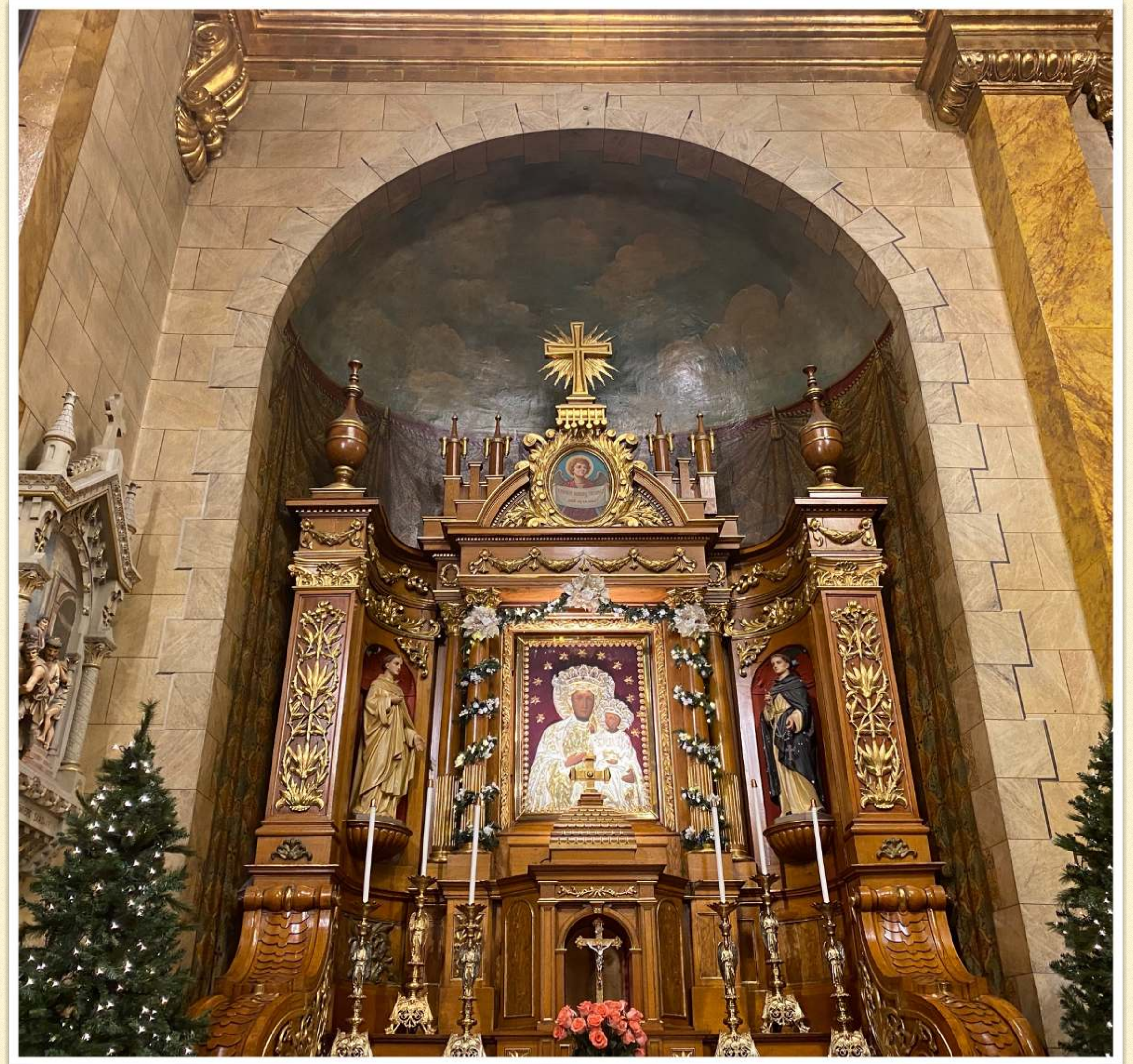
Consider what the sacred author is trying to say about who God is and what He has done, then ponder what it might mean practically for one's own life and family relationships.

When sharing out loud, allow the youngest to go first and then the oldest. The older members should take care to affirm any truth the younger members find.

LECTIO DIVINA

SECOND STEP OF THE LADDER:

**MEDITATIO: MEDITATION
ON WHAT THE READING
REVEALS ABOUT GOD AND
ABOUT LIFE**



Starting with the youngest, each should ask out loud for what the Holy Spirit has stirred up in the heart

LECTIO DIVINA

THIRD STEP OF THE
LADDER:

**ORATIO -
ASKING GOD**



If only for a few minutes, spend some time in silence together after the prayers.
Start with a simple song and close with one too.

LECTIO DIVINA

THE FOURTH STEP OF THE
LADDER:

**CONTEMPLATIO: SILENT
ATTENTIVENESS TO
GOD'S PRESENCE**

