



ARCHDIOCESE OF
NEW ORLEANS

Guide to Prayer

How to hear God's voice



Preparation

- Dedicate a specific time when you will visit the adoration chapel or pray in a quiet place at home.
- Leave your phone in the car or another room before beginning prayer.
- Find the scripture passage for the day in your bible.

Praying with Sacred Scripture

Relax: Take a minute or two to take deep breaths and place yourself in the presence of God. Imagine being with Jesus. As different thoughts come up in your mind, gently and slowly give them to Jesus and ask him to hold them for this time. Pray this prayer: "Jesus, I give you this time. Do with me whatever you desire."

Read: Read the scripture passage the first time to understand the general sense of the story. Then take a deep breath. **Reflect on:** *What is actually happening in the passage?*

Read Again: Read the passage again slowly paying attention to what peaks your interest, what moves your heart, or what you find curious. Notice the thoughts, desires, feelings, or questions that come to mind as you read it a second time.

Reflect on: *What is sticking out to me?*

Meditate: Take whatever stood out to you in the passage and think about how this relates to your life currently. Talk to Jesus about what it could possibly be. **Reflect on:** Why is this sticking out to me? How do I think it relates to my life?

Listen: Take a couple minutes at the end of your prayer to allow God to speak to you. This may be difficult at the beginning, but trust that you will learn his voice and be able to hear Him if you stay consistent in prayer. **Reflect on:** Jesus, what are you saying to me?

Resolve: If the Lord reveals something, ask the Lord for the grace to do what he is asking of you and to remember what he has spoken. Then pray this prayer: "Jesus, thank you for this time with you. I promise to trust you in your will and to love you more today."

Scripture Passages for Prayer

First Month

- 1.Trust in God: Psalm 63:1-4
- 2.Do Not Be Afraid: Isaiah 43:1-4
- 3.Take Up Your Cross:Luke 9:23-27
- 4.Do Not Be Anxious: Matthew 6:25-34
- 5.Life Abundantly: John 10:7-15
- 6.Temptation: 1 Corinthians 10:13
- 7.The Roaring Lion: 1 Peter 5:5-11
- 8.Falling Into the Same Sin: 2 Corinthians 12:5-10
- 9.Jesus Prays: Mark 1:35-39
- 10.Mary and Martha: Luke 10:38-42
- 11.God Knows Our Hearts: Psalm 139: 1-6, 13-15
- 12.Read again one of your favorite passages above
- 13.Annunciation: Luke 1:26-38
- 14.The Birth of Jesus: Luke 2:1-20
15. The Greatness and Goodness of God: Psalm 33:13-22
16. Creation of Man and Woman: Genesis2:4-9, 15-25
17. Crossing of the Red Sea: Exodus 14:10-14
18. David and Goliath: 1 Samuel 17:34-47
19. The Inscrutable Ways of God: Romans11:33-36
20. Temptation of Jesus: Luke 4:1-13
21. Trials and Difficulties: James 1:2-4
22. Jesus Restores the Little Girl: Mark 5:35-42
23. Healing the Blind: Mark 8:22-26
24. The Healing of the Paralytic: Luke 5:17-26
25. A Sinful Woman Forgiven: Luke 7:36-50
26. The Prodigal Son: Luke 15:11-32
27. Woman Caught in Adultery:John 7:45-8:11
28. Jesus Walks on the Sea: Matthew14:22-33
29. Peter's Declaration: Mark 8:27-38
30. Read again one of your favorite passages above

Second Month

- 1.God's Power Within You: Ephesians3:19-21
- 2.Pressing toward the Goal: Philippians 3:7-21
- 3.Song of Trust in God Alone:Psalm 62: 5-10
- 4.Exhortation to Patienceand Trust: Psalm 37:3-7
- 5.Assurance of God's Protection: Psalm 91:9-16
- 6.God's Plan: Jeremiah29:10-14
- 7.Trust in God: Proverbs3:5-6
- 8.God's Providence: Romans 8:28-30
- 9.Baptism of Jesus: Matthew 3:13-17
10. Jesus the True Vine:John 15:1-11
- 11.Mary of Bethany Anoints Jesus: John 12:1-8
12. The Fall: Genesis 3:1-7
13. Consequences of the Fall: Genesis 3:8-15
14. Eternal Life: John 3:16
15. The Agony in the Garden: Matt 26:36-46
16. Peter Denies Jesus: Luke 22:54-62
17. The Crucifixion: John 19:17-30
18. The Resurrection: John 20:11-18
19. Jesus and Thomas: John 20:19-29
20. Jesus, Peter, and John: John 21:15-23
21. Pentecost: Acts 2:1-13
22. Always Faithful: 1 Timothy 4:11-16
23. The Prayer of Jesus: John 17:20-26
24. Resisting Sin and Enduringthe Cross: Hebrews 12:1-4
25. The Would Be Followers of Jesus: Luke 9:57-62
26. The Rich Young Man: Matthew 19:16-30
27. The Hope that Awaits:2 Corinthians 4:16-18
28. Marks of the True Christian: Romans12:9-12
29. I Make All Things New: Revelation 21:1-8
30. Repeat your favorite passage that you've read

Questions for Each Day:

What is actually happening in the passage?

What is sticking out to me?

Why is this sticking out to me? How do I think it relates to my life?

Jesus, what are you saying to me?