



Prepare for Prayer

Acknowledge the thoughts and feelings that you are bringing with you, and offer them to God. Seek to leave them in His keeping until you finish your prayer.

Ask the Holy Spirit to help you quiet your mind, and to teach you how to pray.

"Come to me, all you who labor and are burdened, and I will give you rest," (Matthew 11:28.)

Place Yourself in His Presence

Remind yourself who is with you by lovingly repeating the titles of Jesus. For instance, Lord, mighty God, Good Shepherd, King of Glory, Savior, Beloved Jesus, Emmanuel, etc.

Let yourself simply enjoy being with Jesus, truly present in front of you.

"One thing I ask of the LORD; this I seek: to dwell in the LORD's house all the days of my life, to gaze on the LORD's beauty, to visit his temple," (Psalm 27:4.)

Ponder His Love

Ponder the love God has for you that He would choose to come under the appearance of bread to be present with you in this moment. What does this say about God's love for you?

Reflect on Romans 8:38-39: *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

Present Your Heart

Express your gratitude and praise to God for who He is and what He has done for you, as well as anything else on your heart.

You could choose a psalm from the Bible to pray.

"Bless the LORD, my soul; all my being, bless his holy name! Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills, Who redeems your life from the pit, and crowns you with mercy and compassion," (Psalm 103: 1-4.)

Plan for the Future

How will this time of prayer overflow into your life?

Make a small commitment to God as a response to this time with Our Lord.

"Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect," (Romans 12:2.)