

Direction Preparation Tool:

My spirituality:

Take some time to identify the different elements of your spirituality.

How is it defined by your sex, _____
race, _____

cultural heritage, from country of birth

as well as Catholic Christian traditions?

Prepare for Spiritual direction:

CCC 2558 How would I describe my “relationship of prayer”

CCC 2559-2561

How has my attitude about this “relationship” developed?

+what insights help me to discern the attitude my prayer comes from

+describe the action of God in your lives since last direction- any changes?

+Describe ways my prayer response flows, from love or from habit?

CCC 2562-2564 Prayer revealed:

+ In what ways have I seen my prayer life **as gift**?

+In what ways has my prayer been a response to **covenant love**
(Trust in a promise, tested in the desert)

+Prayer as **Trinitarian communion**

In what ways have I grown in relation to the Father, become more aware of The Spirit?
grown in response to Jesus.

Assessing the “rite spirituality”:

What questions have I had about my relationships of faith?

How have I continued learning, especially responding to the word?

What experiences indicate a purification, enlightenment or call to continuing conversion which has deepened comprehension of the paschal mystery (through liturgy or other life experiences of self sacrifice)

How has the Easter joy become more a part of my life?

How has the Holy Spirit become more evident?

In what way have the mysteries of Faith become more a part of my life?

At THE WELLSPRINGS OF PRAYER

CCC 2652 **The Holy Spirit is the *living water*** : My experience of the Spirit in my life... especially note the absence / presence of fruits of the spirit "the fruit of the Spirit: . . . love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control".

CCC 2653 **How have I encountered the "living word"**? How have I prepared/ responded to "break open" the Word through any practice designed to enhance that?

(e.g. lectio divina, group study)

CCC2654 **How have I entered into the Liturgy (or liturgical life) of the Church**

How Have I responded to the Liturgy of the hours?

The theological virtues: The experience of faith, hope, or love are hard to examine for ourselves.. Have you experienced any change in your life of faith which a director could help you discern more clearly?

CCC 2659 **"Today"**: Offering the present moment or experience is a discipline of the children of the kingdom...In what ways have you been called to offer "today" to the Lord?

Especially indicate encounters during your ministry of hospitality

BATTLE WITHIN MYSELF : CCC2725-2745

Objections to Prayer

In what ways have you “made time” for prayer ?

**How has engagement with the world been encountered:
Positive ways**

Negative ways

**Have you had times you would characterize as failure in prayer?
(desert times)**

discouragement during periods of dryness; _____

disappointment over not being heard according to our own will; _____

wounded pride, stiffened by the indignity that is ours as sinners; _____

our resistance to the idea that prayer is a free and unmerited gift; _____

Problems with Distraction?

Dryness? _____

Facing temptations in prayer: _____

lack of faith in God's care _____

acedia. "The spirit indeed is willing, but the flesh is weak." _____

Filial trust: Prayer of the Our Father _____

CCC2734 Filial trust is tested—it proves itself—in tribulation.” (“Ministry of the Cup”)
Is your trust being tested at this time? How?

IV. Persevering in Love: How do the following Catechism statements relate to your prayer relationship?

2742 "Pray constantly . .

2743 *It is always possible to pray:* The time of the Christian is that of the risen Christ who is with us always, no matter what tempests may arise.³⁶ Our time is in the hands of God.

2744 *Prayer is a vital necessity.*

2745 *Prayer and Christian life are inseparable.*

What helps from the "tradition" have you used? E.g. Spiritual reading, etc

What help would you need?:

Discerning the call: checking on positives and negatives

Common Baptismal Call to be priest, prophet, and King

to serve as Deacon in general:

Identifying spiritual experiences:

Experiences in ministry:

Balance of ministry with family life:

Balance with work responsibilities:

With learning or study:

With health or time management:

PRAYER SHEET

Opening:

Matthew 18: 20 “Again, amen, I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father.
For where two or three are gathered together in my name, there am I in the midst of them.”

Luke 24 : 13-35 Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast.

One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning (within us) while he spoke to us on the way and opened the scriptures to us?"

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

St. Francis de Sales to St. Jane Frances de Chantal

The everlasting God has, in his wisdom, foreseen from eternity the cross
that He now presents to you as a gift from His inmost heart.

This cross He now sends you He has considered with His all-knowing eyes,
understood with His loving mind, tested with His wise justice,
warmed with His loving arms, and weighed with His own hands,
to see that it be not one inch too large and not one ounce too heavy for you.

He has blessed it with His holy name, anointed it with His grace,
perfumed it with His consolation, taken one last glance at you and your courage,
and then sent it to you from Heaven, a special greeting from God to you,
an alms of the all-merciful love of God.

John 4:

He had to pass through Samaria. So he came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food.

_____ The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." (The woman) said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?"

Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life."

_____ The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; ⁵but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.

_____ You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth."

The woman said to him, "I know that the Messiah is coming, the one called the Anointed; when he comes, he will tell us everything." _____ Jesus said to her, "I am he, the one who is speaking with you."

At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Messiah?" They went out of the town and came to him.

Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work.