

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



Exclamatory Prayer

by Stephen Beale

Reflective Questions

“Mary our hope, have pity on us.
Sweet heart of Mary, be my salvation.
Sweet heart of Jesus, be my love.

Heart of Jesus, burning with love of us, inflame our heart with love of Thee.
Eucharistic Heart of Jesus, increase in us our faith, hope, and charity.”

- Blessed Be God

- What exclamatory prayer might you silently pray when the priest is elevating the Host at Mass? (“My Lord, My God” is one, for example)
- In a few of the other talks in this retreat, we’re encouraged to pray without ceasing and to pray while we’re doing mundane tasks in our everyday life. Is there an exclamatory prayer that you can incorporate into your everyday life this Advent? Choose just one and consider writing it down on a piece of paper and carrying that with you in your pocket or your wallet. Whenever you see it, offer that prayer up to God.
- If you’re overwhelmed but desperately want to spend more time in prayer, consider how exclamatory prayer will help you as a building block to get to the prayer life that you want. What does that prayer life look like, exactly? How is it different than your life today?
- Many exclamatory prayers come from Scripture, but you could also make up your own prayer. Take a few minutes to think about what your own exclamatory prayer might say.