

The Pray More Lenten Retreat Study Guide

Whoever Serves Me Must Follow Me

By Fr. Tom Quinn

Reflective Questions

“And he said, ‘Go forth, and stand upon the mount before the Lord.’ And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.”

- 1 Kings 19:11-12

- In this talk, Fr. Tom Quinn explains how to Ignatian contemplative prayer. The form of prayer that originates from St. Ignatius of Loyola. Fr. Tom challenges us to try out this form of prayer and explains the steps to do so. Here are the steps so you can take part in this powerful prayer in your own time:
- First, find a place to pray that is quiet. It could be your home, church or some other location. Just make sure that it is a place where you aren't easily distracted and can peacefully pray. Then, begin your prayer time by reciting the Our Father prayer and make an act of reverence such as genuflecting or bowing.
- Next, ask for grace or a particular gift from God. It could be something simple like, “Lord, give me an open heart” or “Lord, please show me how You see me with mercy and love.”
- Now, pray with your chosen scripture passage. Fr. Tom asks that you begin by contemplating the gospel passage about the healing of Bartimaeus, the blind man, in the gospel of Mark 10:46-52 but you can pray with any gospel passage in this contemplative form of prayer.
 - Read the scripture slowly once, twice or even three times.

- Pray for a deeper experience of the Lord's love as you place yourself into that gospel passage. What do you hear, see and smell? What am I wearing? What is Jesus doing? What does he look like?
- While you are contemplating and immersing yourself in the scripture passage, ask yourself, "What is striking my heart?" Pay attention to what you are feeling, thinking and desiring.
- Then, have a conversation with Jesus, God the Father, the Holy Spirit or the Blessed Virgin Mary about your experience. Have a simple conversation with them about your experience of prayer and your desires, fears and longings.
- If possible, Fr. Tom suggests journaling about your prayer time afterwards so you can keep track of what you're experiencing in prayer so you don't forget or so you can go deeper into prayer in the future.