

Appointment with God Part II

(this prayer exercise is based on the book *Appointment with God* by Fr. Michael Scanlon)

Materials: Bibles, Prayer Journals

The most important thing in life is our relationship to God, and the most important means of nurturing that relationship is daily prayer.



Step 4 : Choose the right place to have your daily appointment with God

- Scripture verse to look up: **Mark 1: 35**
- Meditation question: What does it mean to have an appointment with God?
- When will I meet Him? (Choose a time) _____
- Where will I meet Him? (Choose a place) _____
- Spiritual tip: There is no better book than the Bible to pray with. Having a prayer journal is also a good idea. Jot down each day what you believe God is saying to you. What Scripture passages in particular struck you? What else happened in your prayer time that is relevant? What is God doing in your life and how is He specifically dealing with you?

Step 5: The Process -Begin Prayer time with praising God

- Scripture verse to look up: **Luke 11:2**
- Meditation question: What can I be praising God for?
- Spiritual tip: Remember, God is God. And you are not.
- Pray *The Divine Praises*:

Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true man. Blessed be the Name of Jesus Blessed Be His most Sacred Heart Blessed Be His Precious Blood Blessed be Jesus in the Most Holy Sacrament of the Altar Blessed be the Holy spirit, the Paraclete. Blessed be the great Mother of God, Mary most Holy. Blessed be her holy and Immaculate Conception. Blessed be her glorious assumption. Blessed be the name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His angels and in His saints. May the heart of Jesus, in the Most Blessed Sacrament, be Praised, adored, and loved with grateful affection, at every Moment, in all the tabernacles of the world, even to the End of time. Amen

Step 6: Listening and Revelation

- Scripture verse to look up: **Luke 11:2**
- Meditation question: How do you listen to God's voice?
- Meditation question: What questions would you like to ask God right now? What problems do you need to take to the Lord for a solution?
- Spiritual tip: Ask God what you should do about the day ahead of you. What things does God want you to do? What things would He like you to remove from your schedule?
- Spiritual tip: Read Scripture until you experience an anointing in your spirit as you receive the words. Ask God to show you the meaning of the words for your life. Keep praying on the verse until you know what it means for you.

