



HOLY GHOST CHURCH

St. Alphonsus Liguori's Method of Mental Prayer

Method of mental prayer, often called “prayer from the heart” was taught by our founder St. Alphonsus. God is always near, therefore, everyone who wishes to serve God can go to Him with perfect, unwavering confidence. St. Alphonsus believed that God in turn would respond with infinite tenderness and love. St. Alphonsus also urged those who wished to be close to God to pray frequently, confidently, and lovingly.

St. Alphonsus, often called the Doctor of Prayer, first described a method of interior prayer which is a simple, clear, and easy method that we will outline below.

1. Preparation

This first stage is meant to help us slow down, remove ourselves from the bustle of our day, and gradually make ourselves receptive to God's presence. The person makes a brief act of faith in God.

Prayer examples:

- “My God, I believe you are really present here and I am grateful for your presence. Be merciful to me, a sinner; I am sincerely sorry for my sins.”
- “My God, help me to pray fervently today and to open my heart to you.”
- “My God, through the love of Jesus and Mary, give me light in this prayer so that I may learn and benefit by it.”

Add a Hail Mary to Our Mother of Perpetual Help that she may obtain light for us; and a Glory be to the Father.



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2. The Meditation

In this second stage, it is growing closer to God. After you have reflected on some article of faith, and God has spoken to your heart, you must also speak to God, thanking him for whatever light and inspiration you receive, and affirming your decision to carry out a resolution you have made.

There are four parts to this second stage:

1. *Reflection on a particular article of the faith.* : This can include inspirational or gospel readings for a few minutes. Ask yourself: “What have I just read? What lesson does it teach me? How have I acted in regard to this until now? What will I do about it in the future?”
2. *Raising your heart to God in acts of love, thanksgiving, humility, hope, and contrition.*Prayer example: “*My God; I love you above all things! I love you with all my heart! I desire to do your will in all things. I rejoice in your infinite joy!*”For an act of contrition it is enough to say: “*O Infinite Goodness, I repent of having offended you!*”
3. *Prayer of Petition:* Ask God to grant you the graces and strength you need each day; to forgive your sins; to help you to become humble; to love God more. Ask God to help you have confidence in His help and goodness; to love your neighbor; to bear suffering and wrongs patiently.
4. *Resolutions* :At the end of this section, make a resolution. It can be for the rest of the day, or for the week, or it can renew a resolution you have made previously. Resolutions should be short and not too general; they should help you in your walk with God. For example: to practice charity in words; to be kind to a particular person; not to act in anger; not to act from selfish motives.



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3. Conclusion

This is an opportunity to express gratitude, strengthen your resolutions and to pray for others, especially those who have died and those whose hearts have been hardened. There are three acts to be made in this stage:

1. Thank God for the inspiration he has given you and the good you have gained from the meditation.
2. Repeat your resolutions.
3. Ask Our Lord and His Blessed Mother to help you keep your resolutions.

The prayer can be concluded by remembering the souls in purgatory, sinners, and all our relatives and friends, for whom we may say an Our Father and a Hail Mary. Finally, in the course of your day, choose some special thought or prayerful phrase from the meditation to recall as a way of continuing and increasing the good effects of the meditation.