

PRAYER BEFORE DIVINE OFFICE

Lord, open my lips to praise your holy name. Cleanse my heart of any worthless, evil or distracting thoughts. Give me the wisdom and love necessary to pray this Office with attention, reverence and devotion. Father, let my prayer be heard in your presence, for it is offered through Christ our Lord. Amen.



NIGHTLY EXAMEN

Imagine how God sees you.

- 1. Thanksgiving:** For your life in God, for the events of the day.
- 2. Petition for Light:** Ask the Holy Spirit to bring light, that you would see what God wants you to see.
- 3. Review of God's Presence/Absence:** Review the major experiences of the day and your responses to them. *Where was God in these experiences? How did you respond?*
- 4. Personal Response**
What is your response to God?
- 5. Look Forward**
Pray for the graces needed tomorrow.

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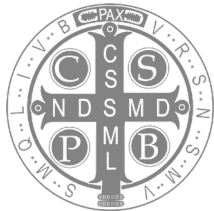
The Benedictine Prayer Companion



CONCEPTION
Living the Benedictine Tradition
ABBEY

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.



STEPS OF LECTIO DIVINA

- Choose a text of the Scriptures that you wish to pray.
 - Place yourself in a quiet place and acknowledge God's presence
 - Offer a prayer to the Holy Spirit: *Come, Holy Spirit, enlighten my heart and mind to listen to your Word.*
- 1. *Lectio*:** Read the text slowly and prayerfully, constantly listening for that word that God has prepared for you. You may want to re-read the same text multiple times to help quiet yourself interiorly and focus on God's voice. Listen and receive the Word that God speaks to you.
 - 2. *Meditatio*:** When a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow it to speak to you in a personal way by pondering the word

in your heart, reflecting on what it means to you. Memorize it and repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.

3. *Oratio*: Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. Formulate a prayer, as a response to God. What do you want to say to the Lord in response to the Word spoken to you? Enter into this loving conversation with God.

4. *Contemplatio*: Rest in God's presence and receive His embrace. Sit still with God, realizing that in this deep relationship, words are not necessary. Be content and at peace with a wordless, quiet rest in God, which brings joy to the heart. Remember that contemplation is not your action, but allowing God to act.