



CHAPTER 1: A WAY OF PRAYER

The first step consists of prayer in the Shrine:

Daily Prayers: For example - Morning Prayer, Evening Prayer, Daily Mass, the Liturgy of the Hours, Schoenstatt Office Prayers, the Angelus, Prayer at Meals, the Rosary, Short Prayers – Ejaculatory Exclamations, Spiritual Reading, etc.

Contemplation, Meditation (prayer of the heart)

This prayer is meant to help in a special way to come into a more intensive contact with God and with the Blessed Mother. To know that I am loved is crucial. I must know that I am loved by God and the Blessed Mother (and at times feel it). How simply and safely a little child lives in his/her world. Should not I too, a grown up, mature human being, recognize the voice of the Father God, of the Blessed Mother, in the midst of the confusion and noise of my daily life? They call to me as their child through the small and great events of life. Therefore, I ask myself three questions, which can lead me into a personal and intimate contact with God, my Father, or with Christ, with the Blessed Mother. They are:

What does God tell me?

What do I tell myself?

What do I tell God, the Blessed Mother?

Questions:

- Which daily prayers do I neglect to cultivate? How can I secure them better in the future?
- How do I keep in contact with God and the Blessed Mother during the day? Which prayer practice is especially important for me (in order to stay near my covenant partner)?
- Which possibilities do I have and will I make use of in order to include meditative prayer in the course of my day or week? How much time can I make available for that, ten or twenty minutes daily? Half an hour weekly?
- What does life in and with the Home Shrine mean to me? How can I cultivate it even more intensely?