

VISIT #12, THE SIXTH REQUEST OF THE COVENANT OF LOVE

“PRAY FERVENTLY”



IN THE SPIRIT OF COVENANT SPIRITUALITY:

(From THE THREE PILLARS pages 173-176):

Our Thrice Admirable Mother says to us in her Covenant of Love, “pray fervently”. In the Covenant, the Blessed Mother wants for us to grow in our loving relationship with God and with her. She wants to teach us how to make our whole day a prayer permeated by God’s thoughts and his love.

Prayer, a loving relationship with God

The covenant demands more than the recitation of a few individual prayers each day; it urges us to make our entire life a single, constant prayer. **What actually is prayer?**

Prayer describes our loving relationship with the living God.

It is our conversation with God in an original, personal way.

It is a simple looking at God when we lift up our mind and heart to him.

It is a constant journey toward God and a walking together with him.

It is a simple resting in God, a deep experience of security and peace in his presence.

Prayer is not only expressed by words, but also by thoughts, by a contemplative looking and listening in a love-filled silence.

Loving communication with Mary

We must cultivate a constant, loving communication with the Blessed Mother whose partner we become when we enter into the covenant with her. She needs us for an important task and we need her help to fulfill our goal in life as Christ-bearers in our time. Therefore, we have to be open to her guidance and allow her to inspire and encourage us in the areas which need improvement. The better and more perfectly we fulfill our part in the covenant, the more she will be able to fulfill her promises to us. (See CCC 2673-2679, 2682 In communion with the holy Mother of God)

Our whole day, a prayer

Our whole day can become a prayer when all we think and do becomes permeated by God’s thoughts and his love. Then all our actions will come forth from this intimate union with God and will become a prayer, reflecting our constant dialogue with him. Such an attitude of prayer needs constant nourishment and strength, as well as a means to secure its growth. We need to set a few moments aside each day exclusively for God - a time when we stop all our busy activities and give him our undivided attention.

Growth in fervent prayer

In order to live in constant communication with God, to live a life of fervent prayer, we need the **special graces of the sacraments of the Eucharist and of Reconciliation**. We also need the **inspirations of the devotional prayers of the Church**: The Rosary, the Stations of the Cross, novenas, special devotions, penance services, etc. These prayers can become for us a rich source of strength and consolation especially in times of dire need and deep sorrow, when we cannot find peace and calm on our own.

Schoenstatt offers us the **Spiritual Daily Order** as a tool to help us secure our fervent prayer life. Also, a simple prayer corner in our homes, a **Home Shrine**, can help to make our entire day a prayer. Such a home shrine then becomes a constant reminder of the supernatural realities which should merge more and more with the realities of our daily life. A home shrine will help to make the great invisible God, a tangible reality and will make our Blessed Mother a member of our family – exactly what she wishes to be. (We will learn of the Home Shrine in Year 3)

THROUGH THIS ENCOUNTER, with thanksgiving and gratitude, let us pray to be open to our Blessed Mother's request to, **"pray fervently"**. Let us pray to receive this grace which she is offering to us so that we can grow in **COVENANT SPIRITUALITY** with her and with the Triune God through her motherly education and intercession.

REFLECTION: What is prayer?

According to the Catechism of the Catholic Church, "Prayer is the raising of one's mind and heart to God, or the petition of good things from him in accord with his will. It is always the gift of God who comes to encounter man. Christian prayer is the personal and living relationship of the children of God with their Father who is infinitely good, with his Son Jesus Christ, and with the Holy Spirit who dwells in their hearts." (Compendium – CCC 534. (CCC 2558-2565, 2590)

COMMIT: Practice the different Forms of Prayer listed below.

Read the description of each Form of Prayer from the Catechism of the Catholic Church and use that form of prayer for at least one day this month.

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| Blessing and Adoration (CCC 2626-2628) | Prayers of Petition (CCC2629-2633) |
| Prayer of Intercession (CCC 2634- 2636) | Prayer of Thanksgiving (CCC 2637-2638) |
| Prayer of Praise (CCC 2639-2643) | In Brief Summary (CCC 2644-2649) |

PRAY: Mary's Prayer of Praise to God – The Magnificat

My soul magnifies the Lord and my spirit rejoices in God my Savior; because He has regarded the lowliness of His handmaid; for behold, henceforth all generations shall call me blessed; because He who is mighty has done great things for me, and holy is His name; And His mercy is from generation to generation on those who fear Him. He has shown might with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has given help to Israel, his servant, mindful of His mercy even as he spoke to our fathers, to Abraham and to his posterity forever. Amen.

