

Tool – Conference 1

MENTAL PRAYER - HELPS TO REFLECT

AIR – Attractions, Instructions and Recognitions

The “Attractions” (How is the Holy Spirit getting my attention?)

- What *caught* my attention?
- Was I *impressed or struck* by some point?
- Is there something I was *drawn* to spontaneously?
- How were my thoughts, imaginations, emotions, memory and/or desire *engaged*?
- What thought, feeling, memory about God, myself, others and/or life... *occurred, or surfaced*?

The “Instructions” (What does God want for me?)

- Was I pointed toward something specific? What was it?
- Did I discover something that “stirred my heart” or moved me toward a new direction? What was it?
- Did I receive some new knowledge, something I didn’t know before? Did I come upon a truth new to me? What was it?
- Did I receive a correction? What was it?
- Did I receive support or a confirmation in some area of my life? What was it?
- Did I recall some pain or difficulty? What was it?
- Did I experience some comfort, reassurance? What was it?

The “Recognitions” (What am I spiritually coming to realize?)

- What previous understanding about God, myself, others and/or life has changed?
- Why do I think God wanted me to be aware of this understanding?
- How does this impact my good and the good of others with whom I’m in relationship?
- If I was made aware of a memory, where is God in this memory now as opposed to the past?
- Did I come to understand a greater way to be united with Christ or follow Him more closely?
- Did I see how I could love Christ more?
- Did I come to be surer of my faith?
- Did I learn something about the Church and God’s relationship with the Church that brings satisfaction to my personal faith?
- Did I feel a desire to turn more toward God in some area of my life that I was afraid to face?
- Has a particular virtue(s) been made my focus?
- Did I receive a new reality about my relationship with God that reveals God’s particular love for me as His son/daughter, brother/sister?
- Did I find myself asking for forgiveness with the desire of going to the Sacrament of Reconciliation?
- Did I find myself thanking God, praising Him, or more clearly focusing on a need that I have in a prayerful way?
- Is there some intention toward a particular good that I ought to fulfill?
- Did I have an appreciation that the insights I discovered are especially my own, that is, intentionally given to me by God for my own good?