

# IN CONVERSATION WITH OUR GOD IN THIS TIME OF PESTILENCE AND ISOLATION

The Early Church Fathers and Mothers—for whom prayer was a natural as breathing—said, “Birds fly, fish swim and man prays.” Bishop Sheen said, “You ask why pray? I answer, why breathe? Take in new air, new power to be invigorated. Restore spiritual energy.” During this time of containment and silence here are some examples of prayer forms which maintain union with our God over the course of our day.

- The Morning Offering. To begin the day offering God all you will do that day
- Daily Mass and Spiritual Communion (EWTN has 3 Masses a day on line and offers us a Prayer of Spiritual Communion during this coronavirus isolation) “The Eucharist is the living and lasting Center around which the entire community of the Church gathers” (St. John Paul II *Ecclesia in America* (35).
- Union with God over the course of the day.
  - Prayers Before and After Meals gives thanks to our God for these gifts.
  - Spontaneous Short Prayers Throughout the day. “Jesus, I love You?”
  - The Angelus (or Regina Coeli in Easter Season) each day at noon (when possible) goes back many centuries. A wonderful way both to greet our Blessed Mother for a moment, and to meditate on the Incarnation and Resurrection of our Lord.
  - Chaplet of Divine Mercy at 3:00 P.M.
  - Visits to the Blessed Sacrament some time during the day (when possible)
  - Stations of the Cross.
- Praying the Holy Rosary daily by repeating words of love to Mary, we take the shortcut to Jesus, meditating on mysteries, which surround his life and Our Lady. TO JESUS THROUGH MARY.



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- Evening Silent Prayer: 10-15 minutes

One on one direct conversation with Jesus Christ, “face time,” when you can open up in speaking about what is on your mind and in your heart. At the same time, you will be able to acquire the habit of listening to see what Jesus is asking of you and what he wants to give you.

- Brief Examination of Conscience before retiring

A daily bookkeeping task. Go over your day in God’s Presence asking if you acted as God would have you. You also look at that one particular area which you have identified in which you know you need to improve. You may also take a quick look to see if you have been faithful to daily prayer habits. Then make an act of gratitude for all the good that you have done and an act of contrition for those areas in which you have willfully failed.

