



DAY OF

“PAPAL”

GRACED
PRAYER

HISTORY

MY “JOYFUL

Retrieving Grace Missed

- The Prayer of our Blessed History is a long version of the Examen
- --recouping the Grace not just in our day, but in our life
- --wringing our lives out to get every drop
- --often we miss
- Because we are very inefficient in appropriating the Grace God gives us

GRACED HISTORY: JOYFUL

- one's entire life:
- is Graced History,
- a personal Gospel
- & thus matter for prayer
- GRACED HISTORY: Joyful, Peaceful, Nice Moments
- Fr. Anthony de Mello SJ calls it Your Personal
- **"JOYFUL MYSTERIES"**

Finding God in My Life

- like the daily “Examen”
- but applied to one’s Life or portions
 - in the wonderful, joyful events/moments
- Eg: Key Moments of Grace or simple spiritual moments or just special moments
- can be:
 - Life Defining Moments of God Encounter
 - Ordinary small nice moments

Praying My Joyful Graced History

- Pray by “Reliving” –
- not just observing or remembering:
- imagine, mentally replay the moment
- Use your imagination to feel God feeling your joy, peace, etc.
- Use your imagination to feel God’s Pleasure upon you at that moment

Structure of a Prayer Period:

- What do I do in my Hour of Prayer:
How could I fill an hour of prayer?
- Opening Prayer
- "Presence" [5 – 10 min]
- Praying my "Joyful Mysteries": 45 min.
 - choose 2 or 3 Personal Life's Nice Moments
- Closing Prayer,
- & Prayer Review: 15 min

