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JMJ  
U.I.O.G.D.  
Ave Maria!

METHOD OF MEDITATION  
According to the GREAT DOCTOR OF PRAYER - St. Alphonsus Maria.

I. PREPARATION

As a remote preparation try to lead a recollected life, and make a short spiritual reading every day. For the proximate or immediate preparation, make three short but fervent acts, for example:

1. Act of Adoration:

“O my God, I believe Thou art really present. I adore Thee from the abyss of my nothingness. Thou art Goodness Itself. I am a poor sinner.”

2. Act of Sorrow:

“O my God I am sincerely sorry for having offended Thee. Pardon me and grant me the grace never to offend Thee again.”

3. Act of Petition:

“My God, give me light to know Thy will and grace to accomplish it. Help me to make this meditation well.”

Add a little ejaculation to the Blessed Virgin Mary, St. Joseph, your guardian angel and your patron saint.

II. CONSIDERATION

Take as matter for reflection, a few verses from Holy scripture, or a short meditation from some good book treating of the virtues, or the life of Our Lord or of some saint. After reading for a few minutes, reflect briefly on some thought that strikes you. Ask yourself: “What have I read? What lesson does it teach me? How have I acted in this regard heretofore? What shall I do for the future?”

Remember however that the great benefit resulting from meditation or mental prayer, consists less in reflection than in acts, prayers & resolutions which are the fruit of meditation. Reflection is the needle that prepares the way for the golden thread of acts, prayers and resolutions. The thread is more important than the needle. Therefore spend the most of your time in making

1. Acts and affections v.g.

HUMILITY - “O my God I am nothing in Thy sight.”

THANKSGIVING - “O my God I thank Thee for Thy great goodness.”

LOVE - “O my God I love Thee with my whole heart because Thou art infinitely good. I desire to please Thee in all things. Do with me what Thou wilt.”

N.B. An act of love is a golden chain uniting us to God. St. Thomas says: “Every act of love merits eternal life. One act of love i.e. perfect love forgives all sins.” Therefore make many simple but fervent acts of love and sorrow.

## 2. Prayers of Petition.

During meditation it is extremely useful, and perhaps better than all else to make many earnest petitions for the graces you need.

Ask frequently for

- a. Forgiveness for past sins,
- b. Perfect love of God,
- c. The grace of a happy death.

N.B. “I used to employ my time for meditation,” says Father Paul Segneri S.J. “in reflections and affections; but God opened my eyes, and then I gave myself to petitions. If I have made any progress, it is due to this practice.”

## 3. Resolutions.

“The progress of a soul,” says Saint Teresa, “does not consist in thinking much of God, but in loving Him, and this love is gained by resolving to do much for Him.” Make one practical resolution that you can keep and intend to keep that day.

### III. CONCLUSION

Let the conclusion of your meditation consist in these short but fervent acts:

THANK God for the light He has given you.

RENEW your resolution to avoid some fault or practice some virtue that day.

ASK your heavenly Father, for the love of Jesus and Mary, to help you keep it.

N.B. Select some thought from the meditation as a spiritual nosegay and try to enjoy its celestial fragrance during the day.

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