

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 5 Practices

“Holy be Your Name”

Consider making space for one or more of the following practices today and throughout your at-home retreat. You may discover something you wish to continue even after the retreat is finished!

1. The Jesus Prayer

Jesus Prayer for Beginners Youtube Link:

https://www.youtube.com/watch?v=S_VeNg7GE2o

Practice the Jesus Prayer

“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

2. Read the Parable of the Pharisee and Tax Collector in Luke 18:9-14 and reflect upon the tax collector's prayer. It is closely related to the Jesus Prayer.

3. Remembering the Blessings of God

-Look back on your life and reflect upon wonderful things that have occurred to you or been given to you.

-With each memory, pray the words of Mary:-

“The Lord has done great things for me and holy is God's name.”

-You can find the entire Magnificat in Luke 1:46-55.