



HEARTS TRANSFORMED

LEARNING MODULE 6.

CONTEMPLATION: The Heart of Prayer.

☀️ **Daily Step 1:** 10-20 minutes daily doing *Lectio Divina*. (slow, prayerful, reflective reading) with the study material provided below.

☀️ **Daily Step 2:** At least 10 minutes practicing daily with the new handout Jesus With Every Breath: A Daily Practice for Contemplation.

Keep this quote in your heart and mind as you go through this module...

"One does not undertake contemplative prayer only when one has the time: one makes time for the Lord, with firm determination not to give up, no matter what trials and dryness one may encounter...the heart is the place of this quest and encounter, in poverty and in faith."-Catechism of the Catholic Church (CCC) # 2710

- Day 1 Contemplation is the One Thing Necessary: Pray with Luke 10:38-42 & *Catechism of the Catholic Church (CCC)2710*. Finish by *Breathing In: Jesus...Breathing Out: I let go*. Commit to contemplate Jesus daily.
- Day 2 Contemplation is Intimacy with Jesus: Pray with Matthew 11:28-30 CCC # 2709. Finish by *Breathing In: Jesus... Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 3 Contemplation is Seeing with the Eyes of Faith & Letting Go: Pray with Matthew 5:8 & CCC 2715. Finish by *Breathing In: Jesus...Breathing Out:I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 4 Contemplation is Handing Our Life Over to Jesus Today: Assignment: 1 Peter 1:6 & CCC 2711. Finish by *Breathing In: Jesus... Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 5 Contemplation is Communion with Jesus in the Heart: Pray with Ephesians 3:17-19 & CCC 2713-2714. Finish by *Breathing In: Jesus...Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 6 Contemplation is Silent Love: Pray with Psalm 46:10 & CCC #2717 Finish by *Breathing In: Jesus...Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 7 Contemplation is All-Transforming-Love Bringing Life to All: Pray with Deuteronomy 6:4-9 & CCC #2718-2719. Finish by *Breathing In: Jesus...Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 8 Contemplation is Praying the Holy Name: Pray with Acts 2:21 & CCC #2666, 2668. Finish by *Breathing In: Jesus...Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.
- Day 9 Contemplation is Entering the Heart and Passion of Jesus: Pray with 1 Corinthians 1:18, 1 Corinthians 2:2 & CCC #2669,1407 Finish by *Breathing In: Jesus...Breathing Out: I let go*. Rest in Jesus and His All-Transforming-Love.

- Day 10 Contemplation is Like A Candle: The Wax is Our Life, The Wick is Our Will, The Fire is Gods All-Transforming-Love. Pray with Hebrews 12: 28-29, Mt 5:8, & CCC # 826, 2742-2745. Finish by *Breathing In: Jesus...Breathing Out: I let go.* Rest in Jesus and His All-Transforming-Love.
- Day 11 Contemplation is Carrying the Presence of Jesus Always: Pray with Colossians 3:17 & CCC # 2752. Finish by *Breathing In: Jesus...Breathing Out: I let go.* Rest in Jesus and His All-Transforming-Love.
- Day 12 Contemplation is Our Eternal Destiny: Pray with Revelation 21:1-5, & CCC # 1023-1025. Finish by *Breathing In: Jesus...Breathing Out: I let go.* Rest in Jesus and His All-Transforming-Love.

• Quotes to Contemplate and Pray...

- *“My child, aspire continually to God, by brief, ardent upliftings of heart; praise God, invoke His aid, cast yourself in spirit at the Foot of His Cross, adore His Goodness, offer your whole soul a thousand times a day to Him, fix your inward gaze upon Him, stretch out your hands to be led by Him, as a little child to its father, clasp Him to your breast as a fragrant bouquet. In short, enkindle by every possible action your love for God, your tender, passionate desire for the Heavenly Bridegroom of souls. Such is prayer of aspiration, as it was so earnestly taught by Saint Augustine; and be sure, my child, that if you seek such nearness and intimacy with God your whole soul will be filled with the perfume of His Perfections. Neither is this a difficult practice – it may be interwoven with all our duties and occupations, without hindering any...The practice of these short aspirations can supply all our deficiencies, but without them a true contemplative life cannot be lived, and the active life will not reach perfection.” – St. Francis de Sales*
- **Prayer of Aspiration** is a primary pathway to deeper contemplative union with God. *Aspiration: 1. A hope or desire of achieving something. 2. The action or process of drawing breath. We are all learning to let Jesus and His All-Transforming-Love live in us with every breath we take. This is our daily call.*
- **Connect the name of Jesus to your breathing** and to your whole life and you will soon know peace. -a famous quote from the Eastern Catholic and Orthodox Church attributed to St Hesychius.
- **NADA:** This is the word used by St. John of the Cross for letting go of everything and learning to rest in faith, hope, & love in God alone.