

A photograph of a line of nuns in profile, facing right. They are wearing dark blue habits with white collars and white veils. Their hands are clasped in prayer, and they have a serene, focused expression. The background is a plain, light-colored wall.

**Prayer makes the impossible possible.**

# IMPRINT

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He is about a mighty work,  
in which we play a crucial role.



# Alexander’s Plea

-by Sr. Maris Stella, SV

**Prayer is simple.** It begins with knowing that we are children of a good Father who wants to fill all our needs.

Recently, my nephew Alexander taught me this lesson. Like most little boys, he is rather feisty, energetic, and by the age of three seems to be ready to conquer the world, or at least the local playground. He has a strong and

adventurous spirit. Every so often he ends up on top of the swing set, unable to get down, or he has his shoes on the wrong feet and can’t figure out quite what’s wrong, or he’s thirsty and wants his sippy cup refilled with milk. In these moments, he solemnly announces, often at the top of his lungs, “I need help!” His plea is as surprising as it is irresistible. It is amazing to see how quickly his parents come to his aid with just the right solution. I was struck by the genius of his words. I realized “God, I need you,” is the most true, authentic, and human prayer I can make! When I find myself in a real bind, I think of Alexander and speak to my heavenly Father and Mother from my heart: “Father, help me!” or “Mary my Mother, be a mother to me now!” And like Alexander, I know I am guaranteed a response.

## Mom comes running

Throughout human history, we have endured periods of great devastation and destruction, into which Jesus has sent His Mother to sooth and heal, to teach and warn, guiding her children to the sure harbor of her Son. In Fatima she said, “My Immaculate Heart will be your refuge and the way that will lead you to God.” Throughout the centuries, Our Lady has appeared to remind a forgetful and weary world of their loving God and Father. Mary’s advice echoes and highlights her words in the Gospel, “Do whatever He tells you” (John 2:5).

# Prayer *changes the course of history.*

Dear Friends,

This year the whole Catholic world celebrates with joy the centenary of Our Lady’s visit to the children of Fatima. In her visits to the shepherd children in 1917, Mary exhorted believers in her Son — Jesus Christ — to greater spiritual fervor in response to the grave perils confronting a world at war. Our Lady wanted to make clear to her Son’s disciples that they had a decisive role to play in history. Her call is timeless.

There is no immutable destiny, either for individuals, nations, or cultures. Mary exhorts us to call upon her to assist us in realizing God’s dream for our lives and for the world. To see vividly the power of faith and prayer, let us look at two moments in the life of Pope John Paul II, a son with total devotion to Our Lady.

The first moment occurred on May 13<sup>th</sup>, 1981 during an attempted assassination of Our Holy Father in broad daylight, in St. Peter’s Square. Brought to the threshold of death by gunshot wounds, but recovering, the Pope explained his survival saying, “One hand fired the shot. Another guided it.” It was “a mother’s hand” that deflected the fateful bullet. A year later Pope John Paul II presented the bullet that was intended to silence and kill him to Mary at Fatima. The

weapon she made powerless is now a jewel in her crown, a sign of her victory.

The second moment occurred ten years later. Desiring to fulfill Our Lady of Fatima’s request, Our Holy Father made a formal Act of Consecration of the world (and of Russia) to the Immaculate Heart of Mary in 1984. Our Lady had promised that prayer and the consecration of Russia would stop the spread of Communism. From the time of her visit to Fatima, the Catholic faithful had sustained prayer for the “conversion of Russia” for decades. As promised, just five years after the Pope formally consecrated the world to Mary, the Berlin Wall fell — the icon of the division between western democracies and Communism. And in another two years, the communist regime of Soviet Russia — one of the world’s two great superpowers of the last century — collapsed.

Neither histories of nations nor our own personal histories are unchangeable. Prayer is a force more powerful than bullets — whether emotional or real — and faith, more powerful than armies. This is the basis of our hope.

We are called as Catholics to engage the culture, to promote all that is true, good, and beautiful in advancing the King-

dom of God. Ultimately, our trust rests in the Lord, who tells us, in the Gospel of John, “In the world you will have trouble, but take courage, I have conquered the world.” Jesus is faithful and trustworthy.

Our hope in Him is an anchor that keeps us rooted amidst the changing tides of history. Jesus Christ has a plan for our lives, and He entrusts to each one of us a task repeatedly given only to the humble and the bold — to be the heralds of His Name to all who do not yet know Him.

Sometimes we may feel insignificant or that our labor has been for nothing, but everything done in and with the Lord carries eternal consequences. He takes our prayer, our love, our faithfulness seriously and allows us to participate in the salvation of the world.

Remember, you are never alone. You have a Mother in Mary who has chosen you, who delights in you. She knows you. She loves you. Go forward, knowing that she awaits your requests.

In Christ, Our Life,  
*Mother Agnes Mary, SV*  
Mother Agnes Mary, SV

istock: mintiander

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MARY COMES

# FATIMA



**My Immaculate Heart Will Triumph**

*The heart open to God, purified by contemplation of God, is stronger than guns and weapons of every kind. The fiat of Mary has changed the history of the world, because it brought the Savior into the world – because, thanks to her Yes, God could become man in our world and remains so for all time.*

*-Pope Emeritus Benedict*



*to heal, teach, and guide her children, to the sure harbor of her Son.*

**FATIMA, PORTUGAL 1917:** World War I brought a massive loss of life with a death toll of 38 million lives. Russia was approaching a revolution that would bring about the rise of Communism, atheism, and the persecution of the Church. As the war raged on, Pope Benedict XV made a great plea for all to join him in a novena to the Queen of Peace beginning on May 5, 1917. With the confidence and trust of a son, he placed the peace of the world in her hands. On the 8<sup>th</sup> day of the novena, the Blessed Virgin Mary appeared to three shepherd children in Fatima, Portugal. She came bearing a plan for peace: prayer, penance, and conversion of life. During one of the apparitions, the children asked Our Lady to perform a miracle so that all would believe. On October 13<sup>th</sup>, 1917 nearly 70,000 people gathered in the pouring rain to see the promised sign. In an instant, the rain suddenly stopped, the sun came out flashing colorful lights and seeming to dance or zig zag across the sky. Even atheist newspaper reporters were astounded by the indisputable miracle. For the last 100 years, Our Lady of Fatima’s radiant light has enchanted the world and turned the most hardened skeptics into believers in the message of her Son.

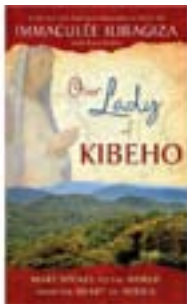


**Great read:** *Fatima for Today* by Fr. Andrew Apostoli, CFR

# Kibeho

**KIBEHO, AFRICA 1981:** Our Lady of Kibeho appeared to three school girls beginning in November 1981 carrying a message of prayer, repentance, forgiveness, and conversion of heart. Our Lady showed the girls a vision of the coming violence if the people did not repent of the hatred in their hearts. In 1994, in just over three months, up to a million Rwandans were killed by their neighbors, friends, and even family members, in the fighting between the Hutu and Tutsi tribes. The best known ‘apostle’ of Our Lady of Kibeho is Immaculée Ilibagiza, a Rwandan Catholic. She survived the genocide by hiding in a pastor’s bathroom with seven other women for three months, praying the rosary unceasingly. Her father, mother, and two brothers were killed. Immaculée shares her story and her journey of healing and forgiveness in the book *Left To Tell*.

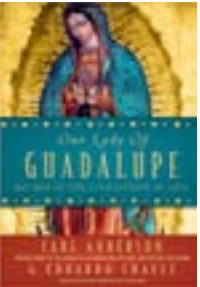
**Great read:**  
*Left to Tell and Our Lady of Kibeho*  
by Immaculée Ilibagiza



# Our Lady of Guadalupe

**MEXICO 1531:** In 1531, the Aztec’s in Mexico were practicing human sacrifice to such a degree that the bishop wrote that if God Himself did not intervene with a miracle, the entire continent would be lost. To this desperate plea, God responded not with military force, but by sending His mother with the transforming power of maternal love. Our Lady of Guadalupe appeared to St. Juan Diego, a humble peasant man, leaving her image on his tilma. In the ten years following the apparition, the brutal pagan practices ceased, and over ten million people were baptized and converted to Christ. Her miraculous image hangs in the Basilica in Mexico City and is visited by more than six million pilgrims a year.

**Great read:** *Our Lady of Guadalupe* by Carl Anderson



*The reflections of Juan Diego, the bishop, and the interpreter can be seen in her eyes.*



*Fabric made of cactus fibers.*

**Miraculous facts about Mary’s image:**

*The tilma is made of cactus fibers which should have turned to dust after 20 years. It has remained intact for centuries.*

*The way the image was produced on the tilma can not be replicated; there are no brush strokes, and the pigments have not been identified.*

*Scientific tests have shown that the tilma maintains a continuous temperature of 98.6 degrees Fahrenheit, the same as that of a living human being.*

*Examinations of the eyes have shown the reflection to be the moment St. Juan Diego unfurled the image before the bishop; when magnified, the reflection of the bishop and others in the room can be seen.*

*It has survived assaults! Acid was accidentally spilled directly onto the image nearly destroying it; but the image was self-restored over the next 30 days. In 1921, an anti-clerical group hid a bomb in a vase of roses that was placed before the image. When the bomb exploded, marble and glass nearby shattered, but the glass case containing the image remained intact.*



**WORDS FROM ALPHONSINE**

**One of the children who spoke to Mary**

*“She loves us – that’s what I feel the most when she’s with me. Her love is so powerful that it could lift you up and carry you to heaven. When I see her, I can’t see anything else.”*

*-Alphonsine  
Kibeho, Africa*

**Around the world,** millions gather at the shrines of the Blessed Virgin Mary bringing their fears and sorrows, their wounds and sins, and their hearts full of longing. She is always searching for her lost children, speaking words of tenderness and love, as she did to St. Juan Diego, saying, “Am I not here who am your mother? Are you not under my shadow and protection? Am I not your fountain of life? Are you not in the folds of my mantle? In the crossing of my arms? Is there anything else you need?”

She leads and guides us to her Son by a love that is beyond this world. How many souls have entered eternal life with the rosary in their hands? How many have found solace and peace in the midst of anxiety beneath her gaze? Our heavenly mother, now lives in eternity with her affections turned towards her children on earth. Mary is our refuge and guiding light through the raging storms of life. Mary, we need your help!



Imagine if you could wear special glasses that revealed zillions of invisible lines running from earth and heaven.

There is a whole *other* system of communication you just might not know about.

We often hear about the vast unseen telecommunication networks connecting people all over the globe. But we have another system of communication, with invisible lines running from earth and heaven, all bound for the throne of God. This hidden network connects contemplative nuns in their cloisters, the teenager crying out to God after being diagnosed with cancer, the elderly home-bound woman praying her rosary, and the whole communion of saints interceding for us in heaven.

# Prayer is powerful.

-by Sr. Mary Margaret Hope, SV

*It can change hearts and work miracles. Our prayers influence our lives and touch the lives of others, sometimes those we don't even know.*

## A CLOSER LOOK

### Teresa and the Carmelite Monastery

We were surprised to learn how Teresa\* found our number when she was pregnant and in an abusive relationship. She lived near the Carmelite Monastery in Brooklyn and every time she passed by she felt her soul drawn to it, but didn't know why. One day, utterly alone and not knowing where to go, she remembered the Carmelites. The gate was closed, so she stood outside and prayed, "God, just bring out a soul, any soul. I'm not leaving until someone comes out." She stood there for an hour, waiting. Finally a man came out and she asked, "What is this place?" He said: "This is a church where you can come and pray." She went into the chapel and began to cry. She rang the parlor bell, and a sister came to the grille. She shared her story, and they prayed together. The Carmelite passed an Imprint magazine to her through the turnstile and said, "Just call the number on the back. They will help you." We invited Teresa to live with us at Sacred Heart Convent, and although it took a leap of faith, she came.



When Teresa's baby was about a week old, she went back to see the Carmelites and show them her newborn baby. She recognized that it was the prayer of the nuns, hidden in their cloister, which had reached out to her in her time of need. But the prayer network came full circle. During her difficult labor, Teresa had prayed the Divine Mercy Chaplet and asked Sr. Naomi to hang an image of Jesus, the Divine Mercy, in her hospital room. A nurse came by and said, "What's that thing?" Teresa



answered: "It's a picture of Jesus." The nurse said "Yes, I know, but every time I come into your room that picture calls to me." Around 2:00 am the nurse came back and said. "I'm going through a lot emotionally right now, but when I look at that image the pain is gone." Teresa gave the nurse the Divine Mercy image. Now it was Teresa's own prayer that was reaching out and touching those around her.

Sometimes we think that God only hears our prayers if we say the right thing, if we pray with perfect intentions. But the truth is, whether we are a Carmelite whose whole life is dedicated to prayer, or a desperate agnostic praying for the first time in his life, whenever we reach out to God, He listens. But He answers in His own way.





**Stacy and a desperate prayer**

Take the example of Stacy\*. She was on her way to have an abortion when she wrote a letter to God, asking forgiveness for what she was about to do. It was the prayer of a doubting heart, a prayer of desperation. When she arrived at the clinic, Stacy was told that an abortion was impossible because of a very rare complication — the baby’s placenta was covering the birth canal. As she was leaving, standing on the sidewalk, one of our Co-Workers of Life approached Stacy and offered her our brochure. He brought her to meet with us and Stacy was able to find the support she needed to continue her pregnancy. We stayed in touch, and a year after the birth of her baby, Stacy came back to the Visitation Center and asked to say a prayer in our chapel. She knelt down and thanked God one by one for every gift in her life, starting with the gift of her daughter. God had answered the prayer of her defeated, hopeless heart, and now she could pray with a heart full of gratitude and trust.

**Karen and the prayer that went up to God**

In those times when we feel utterly helpless, when all our efforts seem to fail, prayer may be all that we have. But we can make an act of trust that we are not alone. One day at the Visitation Center, we experienced this very concretely. We knew that Karen\* was scheduled for an abortion that morning in another state. She would not pick up the phone; she had stopped responding to our messages. Heartsick, we put her in the hands of God, praying “Lord, it is up to You. There is nothing more we can do.” At 2:00 pm we received this text message: “I didn’t have the abortion. There was a woman outside praying and I think she saved us.” A cheer went up. Karen had been at the abortion clinic for over four hours. She

came outside to call and check on her two-year-old daughter and saw a woman praying the rosary in the parking lot. No one else was around; the woman seemed to have come out of nowhere. Karen went back into the clinic but the woman’s pale, beautiful face kept flashing through her mind. The room felt dark and oppressive. She undressed for the abortion procedure but could not stop thinking: “There is a woman praying for me outside.” Changing her mind, Karen got dressed and left the clinic, this time for good. But when she got outside, the woman was gone. Who was she? I don’t know. But I do know that whenever we face a problem that is too big for us, we can remember that we are part of something much greater than ourselves. Prayer connects us to those we love, to people we don’t even know, but most of all it connects us to God. And with God, all things are possible.

\*names changed for privacy



**The Sisters cherish time spent with former guests and their children who lived with us in Manhattan.**

*Meeting for a picnic dinner in the park once a week, the Sisters, moms, and babes walk over to Immaculate Conception Church to hear outdoor talks on JPPI’s “Love and Responsibility” hosted by the Archdiocese Young Adult Outreach. 📍*



**Matt Fradd: Rejecting Love’s Counterfeits in a Digital Age**





# EXPANSION



We are growing!

2017 has been unprecedented in the expansion of our community to new convents and cities. Praise God!



**NEW Suffern, New York**  
**Heart of Jesus Convent**  
(Two miles from Annunciation  
Motherhouse at Sacred Heart Parish)

Our Motherhouse is FULL and overflowing!!! In order to make room for the entrance of our twelve postulants to the novitiate and their move from our postulant house in the Bronx to our Motherhouse in Suffern, NY, eight of our professed Sisters moved out of the Motherhouse to the local convent at Sacred Heart Parish. They will commute each day to their offices at the Motherhouse.



**Bronx, New York**  
**St. Frances de Chantal Convent**  
*Postulant House*

**Yonkers, New York**  
**St. Paul the Apostle Convent**  
*Hope and Healing Mission  
(after abortion)*

**Manhattan, New York**  
**Sacred Heart of Jesus Convent**  
**Visitation Convent**  
*Visitation Mission  
Holy Respite*

**Stamford, Connecticut**  
**Villa Maria Guadalupe Convent**  
*Retreat Center*

**Toronto, Canada**  
**St. Joseph's Convent**  
*Visitation Mission  
Evangelization Mission  
University Outreach*

**Denver, Colorado**  
**St. Mary Magdalene Convent**  
*Evangelization Mission  
University Outreach  
Retreats*

A few of the children born through our Visitation Mission that we are privileged to watch grow over the years.



**NEW Philadelphia, Pennsylvania**  
**St. Malachy's Convent**

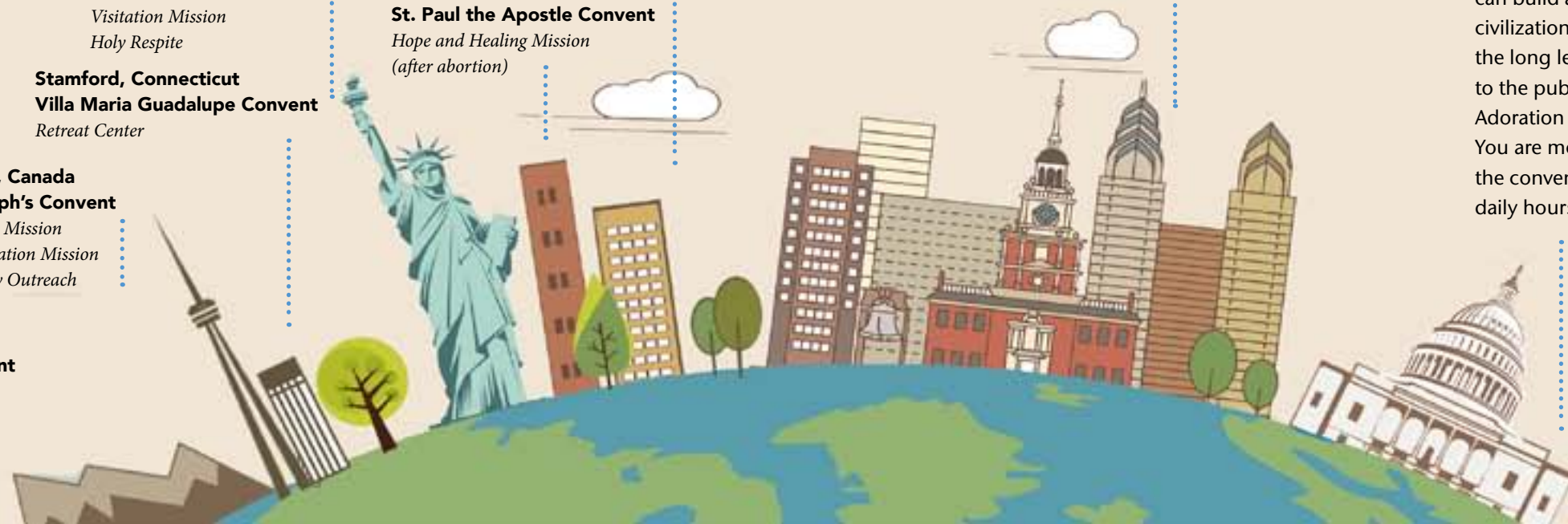
*Visitation Mission*

This fall we are bringing our Visitation Mission, serving pregnant women in need, to St. Malachy's Convent in North Philadelphia, conveniently located just a few blocks from Temple University's campus.



**NEW Washington D.C.**  
**St. Clare's Convent and Eucharistic Chapel**  
*Mission of Prayer and Intercession and House of Studies*

We are expanding our presence in the nation's capital. Over the summer our House of Studies moved to a larger location in the Brookland section of Washington, D.C., near the Basillica of the Immaculate Conception. Here we are taking up a mission of Prayer and Intercession on behalf of our nation and the world, fulfilling our Founder Cardinal O'Connor's vision of our community spending sustained periods of prayer each day in order to bring about a restoration of a sense of the sacredness of all human life. Prayer is the foundation upon which we can build a new and lasting culture of life and civilization of love. The Sisters will continue the long legacy of Eucharistic Adoration open to the public that the Poor Clares of Perpetual Adoration established on this site 63 years ago. You are most welcome to join us in prayer at the convent chapel. Check our website for the daily hours of adoration and prayer schedule.







We think we have big plans,

but God's are so much bigger.

**#1 God lets Himself be moved – by us.**

The love of Jesus for us is more real than we think. He's a real, living Person who is moved by our joys and sorrows, victories and sufferings. He thirsts to be in deep, personal relationship with us, and He desires us to be in communion with each other. Upholding each other in trusting prayer unleashes the love of Jesus.

**#2 God hears you.**

There are no unheard prayers. As His children, we have a direct line to God. We are important to Him. Do we believe that? Do we believe that God not only hears us, but takes great delight in us? Believing this gives power to our prayer. We know we never have to be afraid to approach the Lord, because we are His sons and daughters, and He loves us with a tenderness greater than we can imagine.

**#3 Prayer is a relationship.**

Prayer is not a formula, technique, or simply a psychological activity. It goes beyond asking God for the stuff we need, as important as that is. The heart and goal of all prayer is love, because prayer is ultimately a union with the Friend who sees us, knows us, desires to walk with us through life, and loves us more than we could ask or imagine.

**#4 Keep it simple.**

We don't have to try to impress God with fancy language or elaborate monologues. He just wants to be with us, to hear our voice, to come to our heart, to meet our gaze. Prayer is supposed to be as simple and free as an old married couple sitting on the porch at twilight talking about their day, or as a child running into the arms of his mother after a fall, or as friends taking a summer stroll. Prayer is a simple exchange of love between two hearts.

**#5 Have the courage to ask.**

Prayer demands trust – and guts. Sometimes we don't "ask big" because, honestly, we're afraid that we're asking too much or that God won't come through. But here's the scoop: God desires to give us good things – even greater than we ask for! But, respecting our freedom, He wants us to bring the thirst of our heart to the thirst of His Heart. St. Augustine said, "God wills that our desire should be exercised in prayer, that we may be able to receive what He is prepared to give." Jesus is a gentleman; He proposes, but never imposes. It's like He gets down on one knee and offers us eternity, perfect love, joy, abundant life, peace – His Heart. He waits for our "yes" in prayer.

**#6 Prayer changes us.**

Sometimes God answers our prayers by changing the circumstances of our lives. But sometimes He answers our prayers by changing our hearts. A priest once told St. Monica, who was bemoaning her unconverted son: "Speak less to Augustine about God, and more to God about Augustine." Prayer changes the way we see and think: the closer we are to the God who loves us, the more our heart is like His Heart, and the more attuned we are to His ways and plans. Suddenly, we are not just focused on ourselves; but on God's perspective.

istock: Halpoint

# FOLLOW MY VOICE

**About the Founder of the Sisters of Life,  
John Cardinal O'Connor:**

*Cardinal O'Connor served in the U.S. Navy for 27 years as a chaplain, retiring with the rank of Rear Admiral. In 1968, he was on a trip back to Virginia where he was stationed, travelling in a small plane that had only two seats, one for the pilot and one for him.*



**In Cardinal O'Connor's words:**

He was a young pilot. He was in front, and I was behind. He was of course flying the plane, but all the instruments were in my cockpit as well. We took off toward the evening with no sign of difficulty. We had only a couple of hours to fly, but we had hardly gone more than an hour when suddenly complete blackness fell. Tremendous turbulence began to shake the airplane. The rains began to beat upon us, and then a total fog enveloped us. It was an extraordinarily eerie feeling, alone in the sky unable to see anything with this fog curling right through the Plexiglas into the cockpit – only the glow of the instrument panel made anything visible at all. And then suddenly, perhaps fifty, maybe seventy-five miles from our destination, the warning light began to flash on the instrument panel that we were running low on fuel, and then shortly thereafter a second warning light flashed that we were virtually out of fuel. I called through the intercom system to the pilot. I said, "Do you see the instrument panel?" And he said, "Yes, but I think we can make it." It came to be obvious that we couldn't make it, so he called by radio to Washington National Airport – just a little bit closer – to ask if they could receive us, but they said no, they were completely banked in by fog. He called into Dulles Airport outside of Washington. No, nothing could land there because of fog. He called the Baltimore Airport to ask if we could land there. No we could not get in there because of fog.

*(cont'd on next page)*





[Follow My Voice cont'd]

I said to him, “You will have to radio the international distress signal so that some airfield will take a chance; otherwise, we can crash and not only will both of us be killed, but

far worse, we don’t know what’s below us. We could kill a great number of people.” He said, “I can’t do that.” “Why can’t you do that?” “It would be a black mark on my record because I took off without enough fuel.” “*Black mark on your record?*” So, much senior to him, I pulled rank and said, “You will call out the international distress signal, the S.O.S., or there will be far worse than a black mark on your record.” So he did.

And this is the part I will never forget. No sooner did he call the international S.O.S. then a voice came on the radio. “SX395, I hear you.” The pilot said, “We are out of fuel, and we have no place to land.” The voice was that of a Chief Warrant Officer in the United States Navy in a place called Patuxent Naval Air Station, also close to Washington, and he simply said, “Follow my voice.” And then minute by minute, “Lower your right wing. Lower your left wing... Just follow my voice.” So calm, so steady. Then he said, “Don’t be afraid.” He knew he was dealing with a young pilot. “Just follow my voice. Just follow my voice.” Suddenly we looked down. We couldn’t have been more than a hundred feet off the ground when we saw the first lights; they were the landing lights of the field, and we glided in...to a perfect landing.

I could never forget that voice, the quality of the voice, the kindness of the voice, the calmness of the voice... “Follow my voice.” That is what the Lord says to each of us. “Follow Me. Follow My voice. Don’t worry. Don’t be afraid. I will bring you home.”

## BEST PICKS

We polled some of our Imprint writers and asked them to suggest one of their favorite spiritual books. We hope you pick one up and enjoy!

### I Believe in Love

My relationship with the Lord was often tinged with fear. Fr. Jean C.J.D’Elbée helped me to realize that my sins and weaknesses, far from being an obstacle, actually act as a springboard to launch me into the Heart of Jesus. ~**Sr. Marie Veritas, SV**

### One Thousand Gifts

Ann Voskamp gave me permission to slow down, open the eyes of my soul to perceive the gifts God bestows in every moment, and to truly receive all from God as gift. ~**Sr. Bethany Madonna, SV**

### Consoling the Heart of Jesus

In this do-it-yourself retreat, Fr. Michael Gaitley leads his readers to an encounter with the merciful Face of Jesus and a place where we can hear His voice in the midst of a busy world. ~**Sr. Elizabeth Ann, SV**

### Searching for and Maintaining Peace

Fr. Jacques Phillipe makes the bold statement that “there is never a good reason to lose your peace.” His ideas opened up new ways of thinking and approaching life. ~**Sr. Maris Stella, SV**

### The Discernment of Spirits:

#### An Ignatian Guide for Everyday Living

Through examples from his extensive experience as a spiritual director, Fr. Timothy Gallagher describes how to discern God’s voice in a world filled with other voices intent on disturbing our peace.

~**Sr. Maria Regina Immaculata, SV**

### Essence of Prayer

Sr. Ruth Burrows helped me realize that prayer isn’t about what I do — it is about God’s work in me.

~**Sr. Mary Margaret Hope, SV**

### Secrets of the Interior Life

Archbishop Luis María Martínez illuminates the closeness of Jesus in our sufferings and during those times when we least ‘feel’ God’s presence.

~**Sr. Pia Jude, SV**

### The Reed of God

This classic by Caryll Houslander will transform your relationship with Our Lady. I read it every advent.

~**Sr. Mary Elizabeth, SV**



## 3 Simple prayer practices that can revolutionize your life

### Choose your own adventure

In every situation in life — even in difficulties, tragedies, and sorrows — you have a choice. You can let the circumstances define you, or you can let God’s love define you. Which way will you choose?

#### 1. PRAISE PRAYER: showing trust in Him

This is an easy, powerful prayer of trust that gives Jesus deep joy and helps you (and those you pray for) receive a ton of blessings.

##### How to:

**a.** When you wake up, start your day by saying to Jesus: “I praise You, Jesus, for this day. Help me to be aware of all the blessings You will bring me. I thank You and praise You, Jesus, in advance for these blessings.”

**b.** And then, at least 7 times a day, say to Jesus:

“I praise You, Jesus, for...”

Now, what kind of things can we praise Jesus for?

##### Here are some examples:

“I praise You, Jesus, for a good night’s sleep.”

“I praise You, Jesus, for the good you will bring out of this financial difficulty I am experiencing.”

“I praise You, Jesus, for my family.”

“I praise You, Jesus, for Jane, and for blessing her during her surgery tomorrow.”

Praising Jesus for everything says, “Jesus, I trust and know you will bring a greater good out of this situation than any I could possibly create or imagine. Your plans are more beautiful than mine. You have the big picture. You see all things with an eternal perspective. I trust You and thank you.” Let Jesus work it out. You don’t need to know how He will do it. Watch — He will surprise you! If you think you can’t get beyond a trial, pray these words again and again. He slowly takes over and brings peace. Be patient.

#### 2. UNITY PRAYER: offering your sufferings to Him

Life is full of bumps, and you can get bruised in big and little ways. But the Good News is that your sufferings can actually become a powerful prayer of intercession. Because of His Cross and Resurrection, Jesus can draw a greater good out of your sufferings than if they hadn’t happened at all.

##### How to:

**Identify:** Name your suffering.

**Unify:** Unite it to Jesus’ sufferings on the Cross.

**Offer:** Offer it up for a special intention.

#### 3. REFLECTION PRAYER: checking in

Taking 5-10 minutes daily to go over your day with Jesus can actually transform your understanding of reality and open your heart to His G-R-A-C-E.

##### How to:

**G: Gratitude:** To begin, place yourself in the presence of God, and thank Him for the blessings of your day.

**R: Request for Light:** Ask His Holy Spirit to come upon you and give you light, so you can see your day through His eyes.

**A: Actions and Attitudes:** Imagine that you are watching the movie of your day with Jesus. Where was Jesus in your day? What were the joys and victories? When did you feel discouraged or down? What did you wish you would have done? Is there anything you need to say you are sorry for? How did you receive the blessings of this day?

**C: Chart Your Course:** Make a concrete but simple plan with Jesus for your day tomorrow. Where can you let in God’s love more deeply? How can you let Jesus live in your actions/attitudes?

**E: Entrust:** At the end of your prayer, entrust yourself and all the events and people of your day to Jesus’ wounded and glorified Heart. Say, “Jesus, I entrust it all to You. You know the needs and desires of my heart. I know You will help me. I trust You.”





THE SISTERS OF LIFE  
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Don't lose heart. I will never forsake you. My Immaculate Heart  
will be your refuge and the way that will lead you to God.

*-Our Lady of Fatima*

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