

ONE POSSIBLE WAY TO NAVIGATE THE ROAD AHEAD

Getting Started:

- Read *Opening to God: A Guide to Prayer** (Fr. Thomas Green, SJ) and/or *Meditation and Contemplation* (Fr. Timothy Gallagher, OMV) and/or listen to the free podcasts at: www.discerninghearts.com/catholic-podcasts/christian-contemplation-and-meditation/
- Take what you learn and put it into practice by using *An Ignatian Introduction to Prayer* (Fr. Gallagher).
- Fill out the Prayer Commitment Checklist.

Making Progress:

- Read *Experiencing God: The Three Stages of Prayer** (Fr. Green).
- Take what you learn and put into practice by using *The Examen Prayer* (Fr. Gallagher) and/or listening to the free podcasts at: www.discerninghearts.com/catholic-podcasts/fr-timothy-gallagher-the-examen-prayer/
- Revisit your Prayer Commitment Checklist and/or trouble-shoot with a wise spiritual guide and/or sites like www.spiritualdirection.com

Going Deeper:

- Read *When the Well Runs Dry** (Fr. Green).
- Continue your spiritual formation with things like: www.discerninghearts.com/catholic-podcasts/fr-timothy-gallagher-discernment-of-spirits/
- Seriously consider a guided retreat and/or helping others with phases 1 & 2.

N.B. At any time, **the best thing any of us could do**, especially for those who are super busy, is to follow *40 Weeks: An Ignatian Path to Christ with Sacred Story Prayer* (www.sacredstory.net; Make Life a Sacred Story in 15 Minutes a Day), or if 40 weeks is too daunting of a time frame, start with *The Whole Life Confession* book, which is just 4-weeks and only 15-20 minutes per day.

* Much of these writings were completed in the late 70's or early 80's, and he mentions using things like Zen or Yoga for "coming to quiet." Please note that since then the Congregation for the Doctrine of the Faith has issued a *Letter to the Bishops of the Catholic Church on Some Aspects of Christian Meditation* (October 15, 1989), which clarifies the possible spiritual harm of using such techniques.