

MENTAL PRAYER (Talking with God)

Messages to MBC on mental prayer, June 18, 2014:

MAMA MARY:

It is to talk to Jesus who is in your heart. You are one with Him. It is to talk to God the Father who created you and loves you more than a father can love His son or daughter. It is to talk to the Holy Spirit who is the Love between the Father and the Son, who is in You. Without Him you cannot do anything good, nor can you say the name of Jesus, believe in Him, work for Him or sacrifice yourself for Him. It is to talk to me your Mother who carries you in my arms. It is to talk to your guardian angel, to all the angels and saints who are one with you. You are never alone in your battle against evil, in your battle to establish My Son's Kingdom on earth, the New Earth of Love Peace and Joy.

JESUS:

My dearest child, do mental prayer everyday, at a set time, in a quiet place, in the church if possible, in your home or office if not. Remember that I am inside you, that I keep you in existence. If you will just rid yourself of your worries and fears you will hear Me, you will sense Me right away. Yes you can talk to Me, how can you fall in love with Me if you do not talk to Me? Mental prayer has made great saints. Without prayer, you cannot please Me.

HOW TO DO MENTAL PRAYER

Have a fixed time for mental prayer. Start with 15 minutes a day, then twice a day, then gradually increase to 30 minutes in the morning and 30 minutes in the afternoon. Advance rather than delay it when you foresee a hectic schedule of work. If you are unable to do it at the time you had set, decide right away when you will do it, instead of just pushing it away and ending up doing it very late at night or not doing it at all. (Once, St. Pope John Paul was doing his prayer while on the plane. He was interrupted by his staff member for something urgent and important. He replied that precisely because it was urgent, he needed all the more to pray. He attended to the matter only after his prayer time.)

- Bring a book- the Holy Bible or a spiritual book or personal notes - in case you will need it: a Gospel passage, a passage of a spiritual reading book that had caught your attention, or some notes you want to talk to Him about .
- If you wish, have before you holy image(s)/ pictures(s) (eg: of Jesus/God the Father/ Mama Mary) to help you to focus on them. Doing the mental prayer before the Blessed Sacrament (Jesus, alive, in the form of the consecrated host) is the best place.
- Say the *Prayer before Mental Prayer* (below) slowly, meaning the words, so that you are already talking to God, Mama Mary, etc. while saying it.
- Talk to God about anything you have in your heart. Ask pardon. Adore Him, thank Him, and ask Him for whatever you need.

- If you run out of things to talk about, you can read some sentences or a paragraph from the Holy Bible or book you brought. Pause and talk to God or Mama Mary about it. Then read again the next sentences or paragraph. Do this until the time of your mental prayer is up.
- Act like a traffic cop with regards to distractions. When you are distracted by thoughts of people or concerns, keep the traffic moving, that is, just pray for them, then go back to your topic of conversation with God.
- As you correspond to God's love with love and good works done out of love, you mental prayer will gradually become a contemplative form of prayer. There will be times when you will spend your time of mental prayer, no longer discussing matters with God but simply loving Him or listening to Him.
- Say Prayer after Mental Prayer (below).
- To know and love God with all your heart is the purpose not only of your mental prayer but of your whole life. Your good works are simply a means of loving God and not the purpose of your life, regardless of accomplishments and honors you receive. Doing your work without following God's Ten Commandments and without love for Him is like sewing with a needle that has no thread. Your life of love for God is like a tapestry which seems to be full of knots (weaknesses and sins) behind but in front is a beautiful work of Love: God's infinite Love for you with which you love Him back. It is a life of Love built up by your times of prayer, mortifications (sacrifices) and work done with excellence, out of love for God. When Jesus comes the second time from the heavens, in all His glory, He will judge you on the merits of your works: Revelations 22: "And, Behold I come quickly. Blessed is he that keeps the words of the prophecy of this book. Behold, I come quickly; and my reward is with me, to render to every man according to his works."

PRAYER BEFORE MENTAL PRAYER

My Lord and my God, I firmly believe that You are here, that You see me, that You hear me. I adore You with profound reverence; I beg you pardon for my sins, and the grace to spend this time of prayer fruitfully. My Immaculate Mother, St. Joseph my father & lord, my guardian angel, intercede for me.

PRAYER AFTER MENTAL PRAYER

I thank you My God for the good resolutions, affections and inspirations that You have communicated to me in this meditation. I beg Your help in performing them. My Immaculate Mother, St. Joseph my father and lord, my guardian angel, intercede for me.

Note: Prayers Before and After Mental Prayer from Opus Dei, founded by St. Josemaria Escriva de Balaguer.