

# Antibodies for New Life



Field Hospital

Missionaries of God's Love

# Sisters



*Prayer*

# Prayer is...

“For prayer is nothing else than being on terms of friendship with God.”

St Teresa of Avila



# Relationships require:



**Meeting**



**Talking**



**Time**

# Meeting God



“Being a Christian is not the result of an ethical choice or a lofty idea, but the encounter with ...a person, which gives life a new horizon and a decisive direction.”

**Pope Benedict XVI**, Deus Caritas Est, 1.



# Talking To God...



# Help from the Holy Spirit:



“Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For everyone who asks receives; everyone who searches finds; everyone who knocks will have the door opened. What father among you, if his son asked for a fish, would hand him a snake? Or if he asked for an egg, hand him a scorpion?... How much more will the heavenly Father give the Holy Spirit to those who ask Him!” (Luke 11:9-13)



# Talking (and listening) to God



## **Lectio Divina (divine reading)**

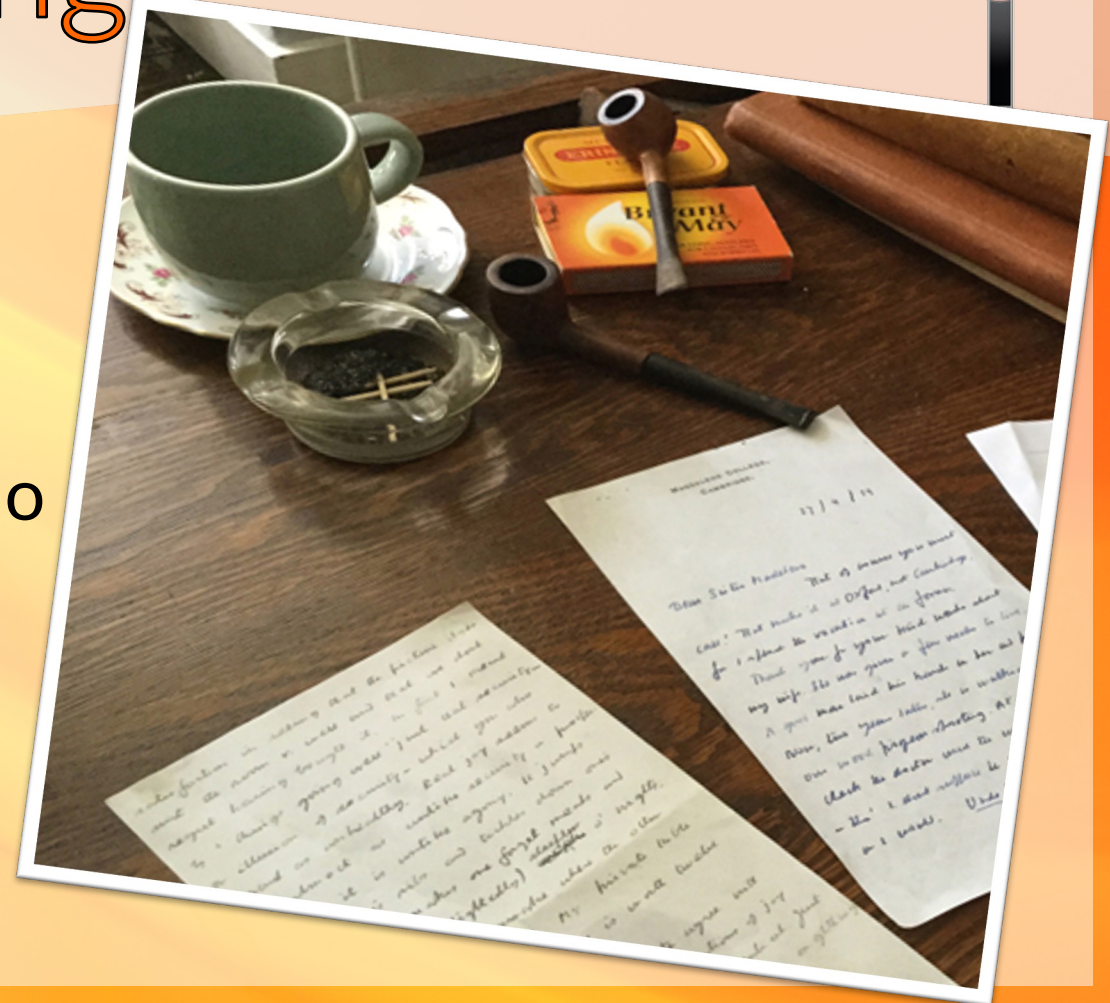
- Read the Word;
- Chew over the Word;
- Talk to God about the Word;
- Respond to the Word.



# Significant writing:



- letter from a lover;
- instructions from a commanding officer;
- last letter from a parent who has died;
- news from someone you greatly admire.



# Spending time with God



## **Adoration of the Blessed Sacrament:**

“I look at Him  
And He looks at me.”

(a peasant of Ars)

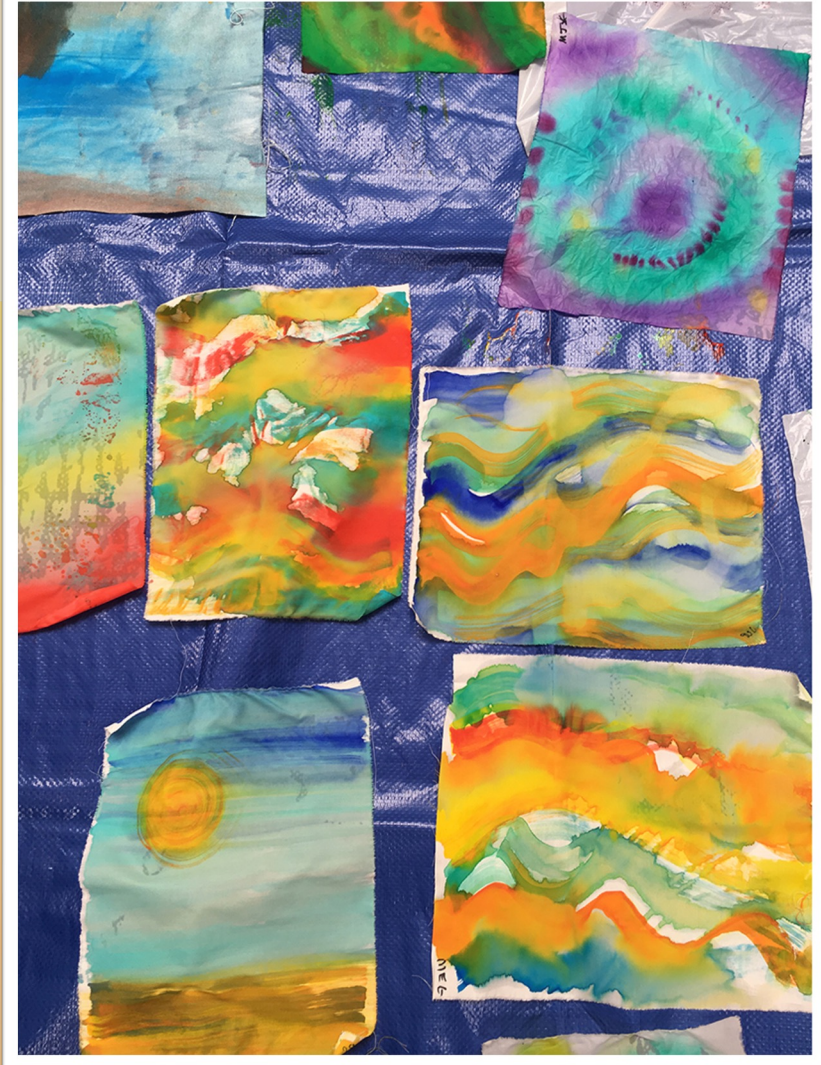


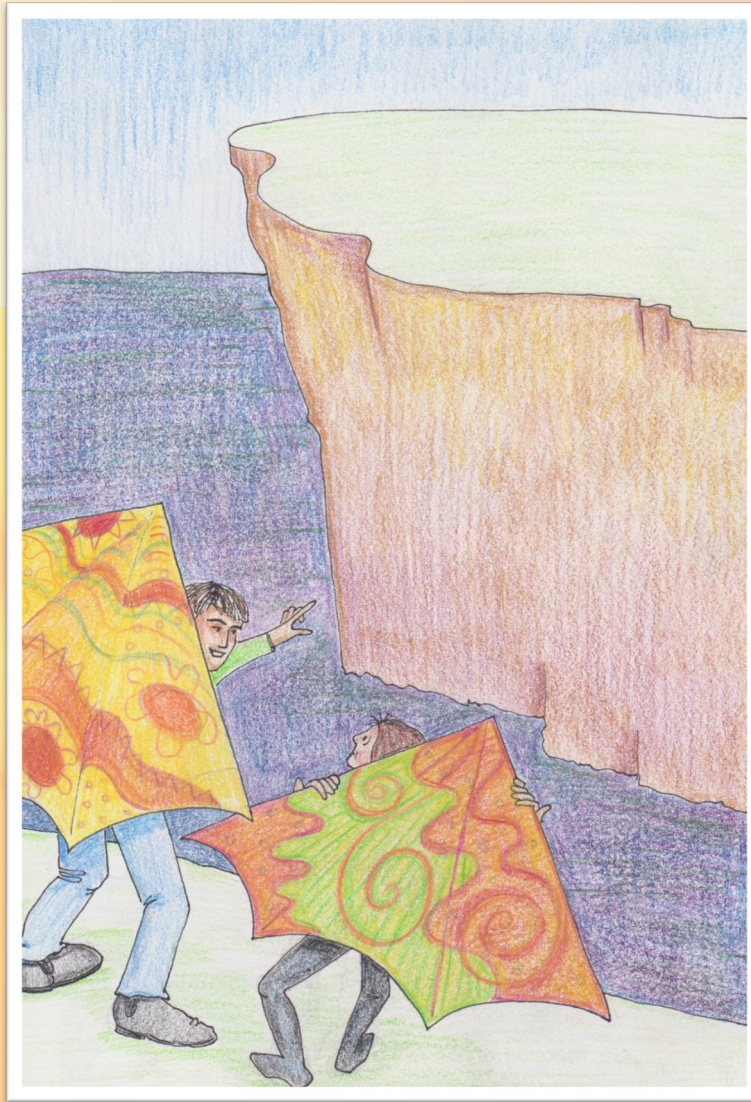
# Spending time with God



## **Being creative together:**

- Choose a way to be creative;
- Ask the Holy Spirit to work with and speak to you ;
- Create, but don't forget to notice what God is saying and doing while you do;
- Journal about what you feel God was saying during your time of creating.





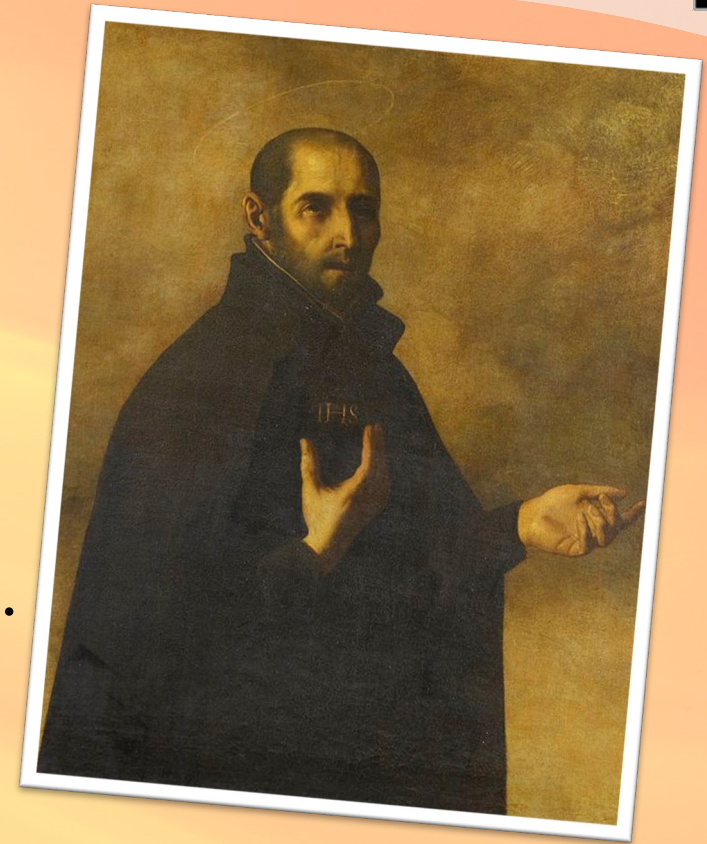


# Spending time with Jesus



## **Ignatian Gospel Contemplation:**

- Read a Gospel passage;
- Imagine the scene;
- Experience the story;
- Speak to God about your experience;
- Respond to what you have experienced.





# Other ways to grow a friendship



**Get to know one another's family and friends and all that they have to share!**

# The Rosary



“As for Mary, she treasured all these things and pondered them in her heart.” (Luke 2:19) “

**Meditating on the Scriptures:**  
like hearing the family stories  
again and again!



“I call you friends...”



**“...because I have made known to you everything I have learnt from my Father.”** John 15:15