



One Percent Prayer Prompts

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love. [pause]

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Help me to acknowledge how I'm doing right now. My thoughts...my feelings...my desires... *[pause and reflect]*

Jesus, help me not to just think about how I'm doing, but to tell you what's on my mind and heart. Here's what's bringing me joy... *[tell Jesus]* and what's weighing on me... *[tell Jesus]*.

Jesus teach me to listen to you, is there anything you want me to know about all that. *[listen]*

Come, Holy Spirit, speak to me through this Scripture passage. Please bless my imagination and help me to imagine myself in this scene—seeing and hearing all that is happening as if I am present there.

Read Scripture Passage [see link below for daily Mass readings or work your way through one of the gospels] <http://www.usccb.org/bible/readings/index.cfm>

Jesus, help me to speak to you from my heart about what stands out to me in this passage. *[tell Jesus]*

Jesus, what are you trying to show me through that? *[listen]*

Jesus, what was it like for you when you experienced the events of this passage? *[listen]*

Jesus, help me to speak to you from my heart about this passage's connection to my life. *[tell Jesus]*

Jesus, what do you want me to know or do about that? *[listen]*

Jesus, as I listen to this passage again, help me to know what You're speaking to me (or help me to know how you want me to live this truth)

[Re-read the Scripture passage above]

Jesus is there anything else you want me to know? *[listen]*

Thank you, Lord for all that you have done in this time of prayer and for being with me today.

Jesus, please heal the sick, suffering, and dying, and bless all of us who are seeking you in prayer today. I also pray for these prayer intentions *[include prayers for all those you have been praying for]*

For these and all the prayer requests of everyone who continues to pray 1% Prayer today, I pray,

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Live It

After your prayer, choose one concrete action that you can take today to live out what God has revealed in your time of prayer.