

June Upper Room 2017

Host or designated reader/leader begins the Upper Room prayer hour by first reading this message from Fr. David:

Message for June

Dear friends in Christ:

The best definition of what contemplation actually is comes out of the Catechism of the Catholic Church and St. Teresa of Avila, and I quote: *“Contemplative prayer in my opinion is nothing else than a close sharing between friends; it means taking time frequently to be alone with Him who we know loves us.”* (CCC 2709)

Please have a Catechism handy to read the following paragraphs out loud to the group and then answer the discussion questions I am providing.

In Christ;

Fr. David

Begin with #2709. Question: *How have you or do you seek after the Lord? In this way?*

Next #2710. Question: *What is inner prayer to you and why “can we always enter it?”*

Third #2711 Question: *Break this paragraph down into parts of what we should be doing as we enter into each Mass. I think there are four or five things listed here. Discuss what the phrase “We let our masks fall” means?*

Fourth is #2713 Question: *Can you make contemplative prayer happen? Are you in charge of this at all? How so?*

Five #2715 Question: *“The focus on Jesus is a renunciation of self” – Discuss meaning*

Finally #2717 Question: *Where can you find this silence in your busy day? How can you fight off the “outer man” to let the interior life win?*

For prayer leader read prayerfully Psalm 22 and 23. Read 6 verses at a time and then pause for silent meditation. There should be 7 pauses because there are 42 verses. Leave meeting place in silence.

Next Month’s Upper Room will be about the Our Father