

MEDITATION TITLE: _____

DATE: _____

MEDITATION JOURNAL PAGE

PRAYER BEFORE MEDITATION

*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 your pardon of my sins,*

*and the grace to make this time
of prayer fruitful.
My Immaculate Mother,
Saint Joseph my father and lord,
my guardian angel,
intercede for me.*

PRAYER AFTER MEDITATION

*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 for
putting them into effect.
My Immaculate Mother,
Saint Joseph my father and lord,
my guardian angel,
intercede for me.*

NOTES

Make note of the moments from the meditation that strike you or move you.

INSPIRATIONS AND PRAYERS

Write the inspirations and prayers that arise in your heart during the meditation.

OTHER SOURCES

Take note of the lives of the saints, devotions, Church teachings, and other writings and anecdotes that are mentioned.

RESOLUTIONS

Ask God to help you to see what He is asking of you and then make one or two resolutions for the week or month ahead.

FROM SCRIPTURE

Take note of the passages from Scripture that are quoted—look them up and bring them to your prayer.

“God is my Father! If you meditate on it, you will never let go of this consoling consideration.

“Jesus is my intimate friend (another re-discovery) who loves me with all the divine madness of his heart.

“The Holy Spirit is my Consoler, who guides my every step along the road.

“Consider this often: you are God’s... and God is yours.”

ST. JOSEMARIA ESCRIVA
The Forge, no. 2