

I recommend the daily use of the Angelus Prayer Card for great blessings to come to you and to everyone that you pray for.

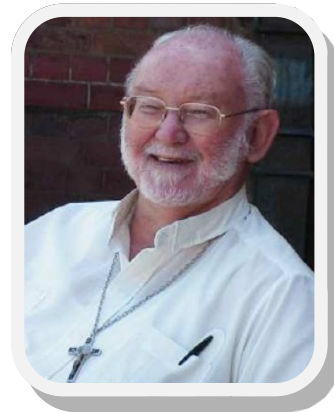
Sharing in Mary's Consecration opens us up to the depths of her mission with a new understanding of grace. We will always be renewed by Jesus' consecration of himself for us as he emptied himself to become poor to bring us the riches of heaven. Mary chose to do his will in all things and shows us the importance of spiritual poverty that will prepare us to receive healing and conversion through God's bountiful love.

The prayer Card also gives new insights and blessings by combining together the gifts of Contemplation Prayer, Intercessory Prayer and Inner Healing Prayer.

I encourage you to faithfully follow these prayer steps and allow yourself to be blessed and empowered by God for your prayer mission.

Father Vincent Doyle

25th October 2012



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Praying the Angelus Way



Angelus Prayer Card

*Praying the Angelus
Way*

Angelus Prayer Card

1. Pray the Consecration Prayer
2. Come Holy Spirit anoint me to bring the Good News to the poor.
(Luke 4:18-19)
3. Rest in the Love of the Father immersed in his Word.
(5-10 mins)
4. Ask the Holy Spirit to show you a hurt from the past and invite Jesus' healing power for self and others
5. Invite Jesus to guide today's prayer of intercession.

Praying the Angelus Way

www.angelusprayforus.com

1 CONSECRATION PRAYER

Mary's Fiat - My Fiat (Luke 2: 28 - 38)

Mary's fiat - her saying yes to God at the Annunciation proclaims her willingness to follow God's Divine Will rather than her own human will.

Her consent to God's will in her life is expressed through her response

"be it done unto me according to thy word" (Luke 1: 38)

As our role model she shares with us the grace for a humble and contrite heart and her virtue of spiritual poverty when we consecrate ourselves to her.

Surrendering our will to God prepares the way for The Holy Spirit to teach us how to pray for the healing of life's hurts and for others.

- ◆ The Latin word *fiat* means let it be done according to your will rather than my will

Act of Consecration

Mary, of the Angelus, consecrate me to you this day to undertake a ministry of intercession as your devoted servant. I seek to imitate your response to the Angel of the Annunciation.

I desire the Holy Spirit to come upon me and the power of the Most High to overshadow me, so that, like you, I may conceive and give birth in prayer to Jesus in Creation, in myself, my family, my ancestors and the whole human race.

Mary, of the Angelus, Queen of heaven and earth, stir up in me the gift of Spiritual Poverty so that I may undertake my mission, trusting not in my own abilities, but clothed only in the wisdom and power of God's love.

Please accept my consecration, dearest Mother, and obtain for me all the spiritual gifts and graces necessary to carry out this mission. Mary, Maternal Mediatrix of God's Graces, pray for me and use me to accomplish your desires for the world. Amen.

Mary of the Angelus - pray for us
St Joseph, - pray for us.

ANGELUS PRAYER EXERCISE FOR INTERCESSORY PRAYER GROUPS

Interceding for others requires us to discipline our spontaneous way of praying and to sit/wait/listen for the promptings of the Holy Spirit

- 1 We place ourselves in God's presence and wait for the Holy Spirit to prompt us with a heart word from scripture.
2. We contemplate this word in silence for a few minutes resting in God's heart to be infused with his love and the prayer gifts of his Holy Spirit.
3. Ask Jesus to reveal to you a memory of a healing you have received and ask him who he would like you to pray for with a similar need.
4. Converse with Jesus about the insight and how he would like you to pray for them from your own faith/life experiences .
5. Begin the prayer thanking God for your healing and for the times in your life where he gave you the grace to forgive and ask him to give this person the same grace you received, to deliver them from their feelings like you were delivered and to heal their wounds in the same way in which you were blessed.
6. Listen to the promptings of the Spirit throughout this prayer. The Spirit may ask you to also offer a Mass; to revisit another scripture verse and proclaim God's Word to set them free; to pray a mystery of the rosary; or to meditate on one of the Stations of the Cross or a Litany title.
7. Only the Spirit knows the depths of another person's pain and their lifestyle choices or actions that have led them to sin.
8. The Spirit guides us how to pray for their specific needs. This can include the various prayer devotions of the Church.

May Jesus and Mary continually bless you for this prayer mission.

4. INTERCESSORY PRAYER

In the prayer of intercession we join with Jesus in his prayer of petition as he stands in the Father's presence praying for us.

Catechism of the Catholic Church 2634 -2636

Intercessory Prayer Exercise for Active Contemplatives:

Following on from the Prayer Card we take our experience and now interceding for others. This requires us to discipline our spontaneous way of praying and to sit/wait/listen for the promptings of the Holy Spirit .

1. We place ourselves in God's presence and wait for the Holy Spirit to prompt us with names or situations that we can intercede for as a result of our prayer time.
2. Talk to Jesus about the insight of your experience and how he would like you to pray for them from your own faith/life experiences .
3. Listen to the promptings of the Spirit throughout this prayer. The Spirit may ask you to also offer a Mass; to revisit another scripture verse and proclaim God's Word to set them free; to pray a mystery of the rosary; or to meditate on one of the Stations of the Cross or a Litany title.

The Angelus way of intercession encompassed the prayer of the heart (contemplating a heart word) with the prayer of inner healing(for the hurts of our life) and the virtue of spiritual poverty (being poor and humble in spirit) . This way of praying receives the anointing of the Holy Spirit that will prompt an intercessor how to pray for specific personal issues and then pray for those same issues in a wider context for the salvation of others.

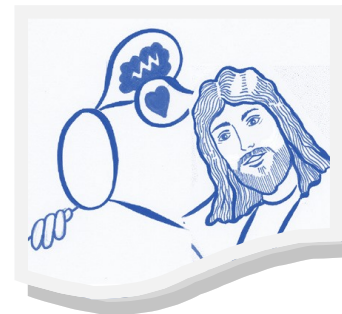
It is a prayer ministry of healing that brings freedom from temptations and the effects of sin that distance us from God. As an intercessor matures Our Lady as the Mother of the Church blesses them with insights and understanding about her intercessory prayer jewels . These weapons of grace available to all who ask are enriched through the sacramental life and the prayer devotions of the Catholic Church.

2. READ THE SCRIPTURE (Luke 4:18-19)

*The spirit of the Lord is on me,
and He has anointed me to bring the good news to the poor.
He has sent me to proclaim liberty to captives,
sight to the blind, to let the oppressed go free,
to proclaim a year of favour from the Lord....
This text is being fulfilled today even as you listen.
(Isaiah 61:1-2; Luke 4:18-22)*

This Isaiah text is central to the Angelus Prayer Card and is the primary text for the formation of each member and for the development of a prayer cell.

Jesus extends his invitation firstly to us and then through us to others to receive the power of his Spirit for the healing of our afflictions, liberty, sight and freedom when we proclaim the favor of the Lord.



This prayer invitation enables us to deepen our love for Jesus by growing in the virtues of faith, hope and love . As we become healed and grow in knowledge and understanding about the ways of the Spirit we can now witness the Gospel to bring the Good News to the poor.

The Angelus Prayer Card combines three separate forms of prayer that interact with this foundational scriptural texts.

1. To be filled with God's Love and spirit by resting in the heart of God the Father. (Contemplative Prayer).
2. To invite the gifts of Jesus' healing spirit to minister to us. (Inner Healing Prayers)
3. To give thanks for God's healing and offer to pray for oth-

2. ASKING THE SPIRIT FOR YOUR HEART WORD

Prayer always begins with us being present to God. In the Angelus way of prayer members are encouraged in the first stage of contemplating God's Word to adopt a heart word that will enable them to rest in his love. They choose this Heart Word or phrase from the foundational text. In between each breath they mentally pray this heart word.

This way of praying is not about achieving, doing or proclaiming. It is about Be-ing. In the silence our heart and spirit communicates with God.

In the early stages it helps to imagine an image of Jesus to focus on, but as we mature in this way of praying we move away from our images, words, concepts or symbols for God. He is beyond our comprehension and as we empty self of our preconceived notions of the divine life we discover God to be the centre of our being. As we encounter God in this way the Creator reveals to us his love in all of creation.

St. Augustine describes how God is 'closer to me than I am to myself'.

- We begin by sitting in reverence before God and reading slowly the scripture out loud for all to hear.
- At the first reading of the scripture we pause and invite the Holy Spirit to inspire us with a word or a phrase (a heart word)
- Silently ponder and savour this word or phrase for the next minute
- If you need to you can read the scripture again and just wait for an inspired word



- ◇ *JesusI forgive you for allowing these things to happen to me*
 - ◇ *Jesus I forgive myself and the part I played in this event or memory scene*
 - ◇ *Jesus I forgive any other persons that were involved in this memory scene who hurt or harmed me in any way.....*
- In some cases the wound is so deep that it is humanly impossible to forgive. When we pray in the name of Jesus we receive God's divine power to forgive. Therefore we pray
“In Jesus Name I ask for the grace to be able to forgive” “In Jesus name I Choose To Forgive (name)”

NOW ASK JESUS TO SHOW YOU WHERE IN YOUR LIFE YOU HAVE DONE THE SAME THING TO SOMEONE ELSE....

Again we pray for forgiveness:

- ◇ *Jesusforgive me for allowing this to happen*
- ◇ *Jesus I forgive myself and the part I played in this event or memory scene*
- ◇ *Jesus I forgive any other persons that were involved in this memory scene and anyone who I hurt or harmed in any way.....*

Now visualize Jesus in the Divine Mercy Icon with the healing rays of the red and white light bathing us and those in our memory scene. Continue to remain in Christ's healing light and presence offering thanks and praise to Jesus until the image fades.



B. JESUS' STORY IS OUR STORY

For our healing we will need to invite the Holy Spirit to show us a word or event from scripture where Jesus experienced similar times or temptations in his life. Remember Jesus in his humanity experienced all things except sin and he won this living grace for us for our healing.

- Wait and be still and listen for the Holy Spirit to whisper to you in the depths of your soul as the scripture starts to unfold.
- If you cannot find a scripture passage ask for some help from your prayer leader.
- Place yourself with Jesus into the scripture story. Imagine that you are part of the story. Ask Jesus to show you what happened to him in his humanity and what that means for you.
- Take a minute or so to imagine yourself experiencing the sight, sounds and characters that accompanied Jesus in his journey. This is where Jesus won the grace for you.
- Talk to Jesus about his story and ask how you can be part of the victory that he won. Listen to what he says to you.
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C. TAKE JESUS BACK TO YOUR STORY

Now we return to our original story or memory with Jesus and imagine His healing love and light covering us. In his healing power we can now appropriate or claim the grace that Jesus won for our human condition as we compose our thoughts or insights into a prayer

- *Jesus I claim the grace that you won for me for my situation and I ask you to help me to forgive and surrender all my hurts, thoughts, feelings and pain back to you.*
- *Now we pray for forgiveness—God, Ourselves and Others*

PRAYER EXERCISE WITH HEART WORD

- Find a comfortable spot, either sitting or lying down in a relaxed position.
- Take this time to be still and to leave behind your busy thoughts and activities. Just relax, and become aware of your breathing, slowly in and slowly outBreathe in 1, 2, 3 then breathe out slowly
- Repeat this again 1, 2, 3 then breathe out slowly.....
- As you continue breathing in and out be aware that the breath of God is now passing in and out of your body.
- Relaxing your head, your mind, your mouth and jaw. Let it be relaxed no tension..... just relaxed and free..... being filled with goodness and peace and blessings.
- Relax your neck, your shoulders, your arms, right down to the tip of your fingers, still being aware of the gentle breath of God passing in and out of your body as you breathe deeply in and out.
- Now imagine the Holy Spirit covering your chest... all the organs of your body around your heart, healing and restoring as you breathe out slowly. Breathe in again and see the colour move down to your hips ... thighs ... legs ... and feet bathing every cell, every blood vessel and nerve ending in your body and breathing out any sickness or suffering.
- **Feel the Spirit of God moving within you as you slowly begin to silently and repeatedly pray your heart word from Scripture.**
- If you get distracted or your mind goes off on a tangent just put the thought aside and if possible return to the prayer and continue with your heart word for the **next 3 to 5 minutes**.
If you are still being distracted by thoughts or ideas its helpful to pray
“Jesus – Son of God have mercy on me”
for a minute then return to the heart word.
- Those who do have the language of the Holy Spirit (the gift of tongues) may pray this way for a few moments and then return to their heart word.

3. CONTEMPLATIVE PRAYER

In Christian Spirituality the words contemplation and contemplative carry a number of different meanings but in the Angelus way of prayer we are using the scripture and prayer in a definite and distinctive way. We are immersing ourselves in the scripture working with the pictures, images and stories. We place oneself within the story to recall the history, see the place, look at what the people in the story are saying or doing and listen to what is happening. This is the next step in allowing God to speak to you through your imagination.

I use my imagination to recreate the scene in the synagogue with Jesus. I note the details of place, conversation, actions and people. Then I take my place in the synagogue. I hear Jesus address me personal. Slowly reading the Prayer Text I listen to his joyful words, each singing in my heart.

*The spirit of the Lord is on me,
and He has anointed me to bring the good news to the poor.
He has sent me to proclaim liberty to captives,
sight to the blind, to let the oppressed go free,
to proclaim a year of favour from the Lord....*

*This text is being fulfilled today even as you listen.
(Isaiah 61:1-2; Luke 4:18-22)*

In response, I hear the invitation of Jesus to me .

I come to Him for liberty, new sight, freedom and favour.

This is an invitation for the prayer for me to encounter freedom so that I can then proclaim the favour of the Lord to others.

I start a conversation with Jesus talking as to a friend about my HEART WORD or whatever I have just experienced.

4. INNER HEALING PRAYERS IN THREE STEPS

A. REMEMBER WITH JESUS

All events that have happened in my life and those I am praying for are always present to God. With God there is no time past present and future are eternally present to Him.

Through the power of the Holy Spirit I can ask Jesus to reveal to me areas in my life that have been hurt or damaged through the effects of sin. I can pray with Jesus for them to be healed.

By reverently coming into the presence of God

- We Sit—Wait—Listen for the Holy Spirit to recall a memory or painful event in our life.
- Allow my emotions to surface as I remember the incident with its smells and noises. I try to identify the people involved and the circumstances around this memory?
- I invite Jesus into this memory scene – talk to him and tell him how it happened – what was said and done. How I remembered it. This is important because it did happen and it does matter. Jesus transcends all times and events healing the past and the present for our future to be blessed.

Ask Jesus what he says about your story and listen to him.

- **At this point leave your story for the moment.**

