## Praying On The Seven Sacraments

### An Ignatian Method of Prayer

(St. Ignatius' Spiritual Exercises Nos. 238 to 243)

## IT CONSISTS OF REFLECTING, PRAYING AND EXAMINING OURSELVES ON HOW WE RECEIVE THE SACRAMENTS

#### Introduction:

St. Ignatius, anxious to help people to improve the quality of their Christian life, offered us in his Spiritual Exercises a prayer method of on how to devoutly and fruitfully to receive the Holy Sacraments.

### THE SEVEN SACRAMDENTS

#### We shall reflect and pray both on

## The PRIVILEGES granted to us by the Sacraments and on THE DUTIES imposed on us by them.

#### Preparation:

- Before you begin praying, decide the length of time you want to pray and then stick to the allotted time.
- Before starting your prayer, quiet down and relax.
- Place yourself in the presence of God and remain in silence for a while.
- Call for the help of the Holy Spirit that you may pray with mind and heart.
- To reap the fruits of this method of prayer, kindly, strictly follow to the procedure laid down by Ignatius quoted below

#### Petition

#### Ask God our Lord for Three Graces.:

- One; To be aware of the blessings and privileges granted to you through the Sacraments.
- Two: To be sorry for your failings to correspond to God's privileges granted to you through the Sacraments...
- Three: To be more faithful in future in keeping the duties demanded from you by the reception of the Sacraments

# **Praying The Sacraments**

SJ Ball



Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through Praying The Sacraments

In some sort of inundated with monitors and the cacophony of immediate communication, the profound energy and mental resonance of verbal beauty usually fade in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the musical pages of **Praying The Sacraments**, a fascinating function of literary elegance that pulses with organic feelings, lies an unforgettable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that mesmerizing opus manuals viewers on a mental odyssey, lightly revealing the latent potential and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their fascinating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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#### **Praying The Sacraments Introduction**

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