

Bearers of the Holy Presence of God

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“And the life I live now is not my own; Christ is living in me. Of course, I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.”
(Gal 2:20)

FIRST MOVEMENT

1. **Take a few minutes to quiet yourself and to recall that God is present to you in the very depths of your being.**

“Do you not know that you are God’s temple and that God’s Spirit dwells in you? ... God’s temple is holy, and you are that temple.” (1 Cor 3:16-17)

2. **Ask God to speak to you and to reveal more clearly what it is that he asks of you.**

“It is in the interior of our being that the Holy Spirit communicates himself and unites himself to us and makes known what God asks in order for us to belong entirely to him.” (Meditation No. 62.3)

SECOND MOVEMENT

3. **Contemplate the Mystery of God’s Love at Work in the World**

Read the following passage a few times slowly. What words or phrases attract your attention? Listen to what is being said to you through the passage.

“Your sole concern ... should be the establishment of God’s reign in your heart, both in this life and in the next. In this present life, you should not be concerned about anything except to bring about the reign of God in your heart by his grace and by the fullness of his love. You should live for God alone, and the life of your soul should be the life of God himself. You ought likewise to nourish yourself with God’s life by thinking of his holy presence as often as you possibly can. That which constitutes the life of the saints is precisely their continual attention to God, and this also should form the life of those who ... seek only to accomplish his holy will, to love him, and to cause him to be loved by others.” (Meditation No. 67. 1)

4. Reflect on the Mystery of God's Love at Work in Your Own Life

Do you regularly keep God company? Do you often spend time meditating on his holy presence?

Are you open to the movement and stirring of God's life within you and docile to whatever God may require of you?

Do you strive to love God more wholeheartedly and to cause him to be better known and loved by others?

Are you concerned with the establishment of God's reign both in your own heart and in the lives of those to whom you minister?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

Take a few minutes to thank God for the many blessings you have received, especially the gift of divine life within you.

What will you do today to share God's life in you with others?

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.