

"This is my beloved Son, with whom I am well pleased, listen to Him."

Matthew 17:5

Two suggestions on how we can become better listeners of Jesus.

First, be quiet and just listen. Have two different notebooks. When things you need to do or people you need to call come up write it in the book. Sometimes we have a lot on our minds. When we sit down in quiet we begin to think of all these things and get frustrated that we are not really praying. Allow the thoughts to come and write them down or pray for a person or group of people that come to mind. When that is sorted out most likely you will be able to hear God's voice speaking and you can write that down in another notebook if that is helpful.

Second, there is a meditation on the Gospel that became popular in the 17th century in France with Fr Jean-Jaques Ollier and the Sulpicians. First, begin with a prayer to the Blessed Mother and the Holy Spirit asking for a fruitful meditation and to better listen to Jesus. Secondly, read the Gospel three times if possible.

Jesus before my eyes. What is Jesus saying or doing in the Gospel that strikes you. Write down a word, a phrase or in general what seems important to you as you observe Jesus.

Jesus within my heart. Read a second time or if it is a long Gospel you can just read what struck you from the first reading. What is Jesus saying to you? Are there virtues He wants you to increase in your life (charity, generosity, gentleness,) Do you need courage and strength for something you are facing? Are there sins or addictions He wants to help you understand and overcome? Are there areas of healing and forgiveness needed in your life? It doesn't have to be anything major. It can just be God letting you know He loves you and is with you.

Jesus with my hands. Read a third time. Now that you have looked at Jesus in the Gospel and He has spoken to your heart what is Jesus asking you to do? It can be a particular prayer or some other kind of action.

Finish, with 5 minutes to 30 minutes of contemplation (just being quiet with the Holy Trinity). Finally, end with thanksgiving for the time you have spent with Him and for the insights He has helped you gain.