

30-Day Retreat with Basil Moreau

How To Use

This is a tool for nurturing the spirit of prayerfulness—that spirit through which our attentiveness to God becomes second nature. As a tool, this retreat can be used most effectively as a complement to your usual, personal discipline of daily prayers and spiritual practices. It is not meant to replace those prayers and practices, but to support and enhance them.

The contents are designed to serve as a framework for your day—every day for a month. Each daily reflection is divided into three sections:

First Section: “Awakening to God’s Presence”, can be used in the morning or whenever your day begins. Read slowly through the section, line by line. Let these words sink into your heart. See and hear the words. Remember that spiritual reading is not speed-reading.

If a word, phrase, or image is particularly striking while you are reading, remain with that for a moment before moving on.

Second Section: “Living by God’s Grace”, is a single sentence. It can be used as an antiphon or mantra throughout the day. It is a quick and simple reminder of God’s role in your daily life, and of what you can do to live in union with God in the midst of your everyday tasks and responsibilities. It may be helpful to write this phrase on a piece of paper and keep it in sight, or save it on your electronic calendar or daily planner.

Third Section: “Acknowledging God’s Gifts”, can be used in the evening or whenever you conclude your day and prepare to rest. It is presented as a prayer to close your day. Take some deep breaths so that your body can share in that stillness. Read the prayer slowly, reflectively, line by line. Really hear the words as they are prayed. Then, recall and review the day’s events, through memory images if possible

All three sections should be adjusted to use whenever it is most practical and convenient for you. In today’s world, a variety of activities configure and constitute our daily routines. The times for reflection may have to change from day to day, depending upon your schedule. Don’t worry about that. The key is fidelity so that your entire day is touched by prayer.

This book can also be used randomly and spontaneously, without following the thirty-day pilgrimage from Day One to Day Thirty.

Finally, this book can be used for group reflection and sharing. There is a communal dimension within the transformation to which we are called. We can encourage, support, and challenge one another along the spiritual journey.

These instructions are adapted from *Praying from the Heart of Holy Cross Spirituality* by Joel Giallanza, C.S.C. and used by permission of Ave Maria Press. All rights reserved. Founded in 1865, Ave Maria Press, Inc. is a ministry of the United States Province of Holy Cross. To learn more about their publishing or to purchase a copy of this book, please visit their website: www.avemariapress.com.