

HEY, CHURCH – DEAL ME IN
INTRODUCTORY COMPANION SHEET

HOW TO MAKE THIS RETREAT:

Each day you are invited to:

- Watch the video on the Martyrs' Shrine website.
- Read the day's *Companion Sheet* to guide you for the whole day.

Guided by that sheet, each day you can:

- Find the text of the scripture passage to pray with for the day. You pre-determine how long you want to pray: 15, 30, 45, 60 minutes. Set that amount of time aside before the retreat and be faithful to it.
 - Meet the Saint who will accompany you for that day.
 - Reflect on some of the words of Pope Francis.
 - Sing or recite the words of a familiar hymn or prayer.
- Pray with the scripture passage for the designated time. **This silent reflection is the most important element in the retreat.**
 - How to pray with the scripture on this retreat:
 - Pray at the same time each day, a time when you won't be interrupted.
 - Pray in a quiet place, where you will not be disturbed.
 - Perhaps light a candle to help you focus.
 - Prepare for your prayer, by having become familiar with the scripture passage beforehand.
 - Clearly ask for the grace you would like God to give you during this time of prayer. To know what you are asking God for in the prayer is key.
 - Read the passage once. Quietly listen to those words spoken by the Holy Spirit personally to you today.
 - Read the passage a second time. Maybe underline or circle a word or phrase that moves you.
 - Maybe something from the video talk strikes you in relation to that text.
 - Conclude by speaking directly to Jesus, or to God the Father, or to Mary Mother of Jesus, or to the Saint accompanying you for the day, just as you would speak to a friend. Finish with an *Our Father*, or *Hail Mary*.
 - Jot down a few notes to help you remember your time with God.