

The ABIDING Prayer

Every Breath Letting Go to Jesus In Us

ABIDE in Me and I in You...

For apart from Me you can do nothing...

Abide in My Love. -John 15: 1-9

DAILY SPIRITUAL EXERCISE:

**Jesus thank you... As I breathe in
for living in me now... As I breathe out**
Every Breath... Heartbeat... Experience... I Let Go



Guidelines in the form of a daily prayer:

Lord Jesus, I let go to your Loving Presence in me.

Use my life & gifts for Your Holy Mission.

One Heart, One Spirit, In Our Father's Will.

Observing my thoughts, feelings, attachments.

Letting Go to Your Unlimited Love & Mercy.

**Jesus thank you
for living in me now!**



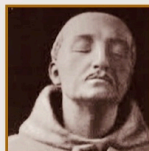
STUDY NOTES:

Our Home, our dwelling, is His Loving Presence.

The 2 "Abiding" Questions:

+ What am I experiencing right now?

+ Do I choose to Let Go to Jesus in me now?



Letting go of all that is not God.

-St. John of the Cross on NADA, his word for Abiding.

**Let the remembrance of Jesus be present
with every breath.** -St John Climacus

Dear Jesus, help me to spread your fragrance everywhere I go.
Flood my soul with your Spirit & Life. Penetrate & possess my whole
being... that all my life may be a reflection of Yours. Let others look up
and see not me... but only You. -St. John Henry Newman

JESUS IS THE LIFE TO BE LIVED.

-St Teresa of Calcutta



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Scripture: Lk 10:38-42, Jn 15:1-17, Mt 28:20, 1 Jn 4:16-19, 2 Cor 13:5.

Catechism: 2709-2719, 2666-2669, 519-521, 1698.

Commit. Practice. Deepen over a lifetime.