



## PRAYER AND REFLECTION

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### **The Values of Prayer and Reflection**

St Clare explored a four-fold approach to prayer that is imitated at St Francis College in prayer and reflection:

- To gaze (on the story, on the gospel);
- To consider (meditate, think);
- To contemplate (make sense of);
- To imitate (asking, what am I called to do?).

This highlights the idea that prayer must be connected to action.

The prayer of St Francis, written after World War One, epitomises the Franciscan essence of prayer into action...*Make me an instrument of your peace.*

Our regular practices of mindfulness, reflection and being in the present moment help us, like St Francis and St Clare, to follow in the footsteps of Jesus to bring about God's reign on earth.

*"Let them pay attention to what they must desire above all else: to have the spirit of the Lord and its holy activity, and to pray always to him."* (Final Rule of St Francis, Ch10 v.8)