

*Basic Prayer Life*  
*of the*  
*Consecrated Virgin*

## BASIC PRAYER LIFE OF THE CONSECRATED VIRGIN

The basic prayer life of any consecrated virgin should include the following areas:

Models of prayer: Jesus Christ, Blessed Virgin Mary, the Church (see short explanations below)

Holy Mass: to immerse the life of virginity into the Sacrifice of Christ

Divine Office: to pray it with the whole Church

To know the different meanings or senses of Sacred Scripture: literal, spiritual, full

To be aware of the different voices of the psalms as understood in the Patristic and monastic traditions

To harmonize the Public Prayer of the Church with the private devotion and contemplation of the individual

Adoration of the Blessed Sacrament: as a means of preparation for a more fruitful sharing in the Eucharistic Sacrifice

Holy Rosary: as a means to be drawn into the saving mysteries of Christ

Song of Songs: to live the spiritual and mystical senses of this book of the Bible through openness to the Holy Spirit

Vicarious atonement: to understand consecrated virginity in the light of vicarious atonement

Queen of Virgins: to ponder the perfect model of consecrated virgins in the Blessed Virgin Mary as embracing the spirit of the poor which consists of perfect trust in Divine Providence and a willingness to share all of one's blessings with those in need

Knowledge of the mystical bond between Jesus Christ and the consecrated virgin and the spiritual bond between the diocesan bishop and the consecrated virgin

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### To pray like Jesus Christ

It is so simple to pray like Jesus Christ. He taught us so eloquently and simply through "The Lord's Prayer," when His disciples asked Him to teach them to pray. Jesus prayed with the psalms which were composed specifically for Him. He assumed the psalms as His own. From

the first moment when He entered into our human existence, He used Psalm 39:7 : "Behold I come to do your Will" as recorded in Hebrews 10:5-10. Psalm 21 came naturally to His lips when He was in extreme agony on the Cross: "My God, my God, why hast Thou forsaken me". When He breathed His last, He also used Psalm 30:6 "Into Thy hands I commend my spirit." If we want to pray like Jesus, we simply use the psalms to express our emotions for us. There is no human aspirations or feelings that the psalms cannot express for us in the most magnificent manner.

Throughout His life on earth, Jesus prayed often, and the words He used were pretty well recorded by the Evangelists. It is so simple to learn these magnificent prayers, assume them as our own, and use them when we find ourselves in similar situations. It is so rewarding and beneficial to get acquainted with these prayers of Jesus and have them come from our own heart. The Father will be so pleased to hear Jesus' voice again coming from us who are closely united with Him.

#### To pray like the Blessed Virgin Mary

To pray like Mary, we can easily assume her prayers as recorded in the Gospel of Luke. If we want our prayers to be heard, we just have to pray with Mary and like Mary, and even with her own words. Her famous prayers like her "Fiat mihi secundum verbum tuum" and her "Magnificat anima mea Dominum" are models of prayer which we can learn from and adopt as our own. She will be pleased to see us pray with her and like her. By analyzing these prayers we can learn how to pray with and like our heavenly mother. She is a pilgrim of God like us. She experienced sorrow and joy like us. It is very simple to pray with her and like her.

#### To pray with the Church

Praying with and like the Church is so simple. The Church is our mother. Her prayer is also mainly from the psalms which were composed for her as they were for her Head and Spouse, Jesus Christ. They are her prayers. She uses the psalms as her own in the sense which God placed there for her. She prays with the sense which God has put there for her to fulfil and enjoy. It is so simple to pray with the Church once we know how the Church uses the psalms: we simply blend our voice with hers and let our hearts vibrate with her feelings and our minds with her understanding. We pray with her and harmonize our aspirations with hers. When we pray with the Church and like the Church, our prayers will always be upbeat because even our distractions and poverty are compensated for by the fervor and devotion of Christ, Mary, and the saints.