

All shall be well and all shall be well  
and all manner of things shall be well.  
For there is a force of Love moving  
through the universe that holds us  
fast and will never let us go.

*Julian of Norwich (1342-1416)*



Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.

-- *St. Teresa of Avila (1515-1582)*



*The heavens proclaim your  
wonders, O Lord.*

*Justice and right are the **pillars**  
of your throne,*

*Love and truth **walk** in your  
presence.*

Psalm 89



St. John Neumann  
Catholic Church

<http://cfoch.weebly.com/>

## Prayers of Contemplation



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## Short Phrases to repeat:

### The Jesus Prayer

Short, but very powerful! While saying the first part, breath in. Say the last part while breathing out. This is an Eastern Church tradition and is a great prayer to repeat while walking slowly.

Lord Jesus Christ, only Son of  
God,  
Have mercy on me, a sinner.

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O Lord Jesus Christ,  
come to my aid.

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O Lord Jesus Christ,  
you are the strength of my  
heart.

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Be still and know  
That I am God. Psalm 46



### Contemplative Prayer

Repeating short prayers while walking frees the mind from distractions and allows the still, small voice of God to penetrate our hearts.

Here are some suggestions to use and you might have your own favorite phrases from the psalms or hymns. Allow the slow repetition of the words to match your pace and your breath as you walk.

Trust that your desire for a deeper connection with our Lord in prayer is a response to His compelling and constant invitation.

Why are you cast down my soul  
Why groan within me?  
Hope in God; I will praise him still,  
My savior and my God. Psalm 43



I will sing to the Lord all my life  
Make music to my God while I live.  
May my thoughts be pleasing to  
him,  
I find my joy in the Lord.  
Bless the Lord, my soul. Psalm 104