

Personal Spiritual Accompaniment



GOD is working in all the details of your life, for your good. One-to-one Spiritual Guidance can help you to notice what God is doing in your life, and how you can help that process.

Personal Spiritual Guides are available to people who are over 18 years old, at the Centre during the following times: 2.30pm – 3.30pm daily and by appointment at other times.

“Now I am revealing new things to you, things hidden and unknown to you, created just now, this very moment. Of these things you have heard nothing until now, so that you cannot say, ‘Oh yes, I knew all this’

– Isaiah 48:6

Come and see...

Why not visit the Prayer Guidance Centre? It is a quiet space where you can relax and pray. A place where you can also experience what it is like to pray with Scripture. We are open every day from 11am-9pm (closed for meal times).

Three Guided Prayer Sessions are held each day during the Pilgrimage Season from the first Monday in May through to the final pilgrimage Sunday in October.

TIMES OF PRAYER SESSIONS

You would be most welcome to call to the Prayer Guidance Centre at any time during the pilgrimage season. If you wish to attend our prayer sessions, the times are:

Monday to Friday:
12 noon, 4.15pm and 8.15pm

Saturday and Sunday:
12 noon, 5.00pm and 8.15pm

During the Novena: 14th - 22nd August
12 noon, 5.15pm and 7.45pm

FURTHER INFORMATION

Contact Knock Shrine at 094 9388100
www.knockshrine.ie
or email Patricia McCarthy,
prayerguidance@knockshrine.ie



KNOCK Prayer Centre

*“Be still
and know
that I am GOD”*

Psalms 46-10



Sacred Spaces
for Personal Prayer

Our Mission

To facilitate a personal encounter with God.

We achieve this by:

- Welcoming all to a **quiet** sacred space.
- Prayerful **contemplation** of the Word of God.
- Compassionate **listening**, helping pilgrims to reflect on God's presence in their daily lives.
- And through these, **deepen** their relationship with God and experience His **love** for them.

'Come away to a quiet place and rest awhile'

— Mark 6:31

What is Guided Prayer?

During the Prayer time the focus is on the Word of God. There is a quiet time at the beginning in which we relax and come to stillness; this time helps us to become aware of God's presence with us as we pray.

Each Session is hosted by a trained Prayer Guide. A passage from Scripture is read. Quiet time is left so that in the silence we can listen to God's Word as he speaks to each one of us. We take time to notice how he is speaking to our hearts.

Each Session lasts for 30 minutes. The Guide may ask for personal prayers or petitions, but there is no pressure on anyone to share unless they wish to do so. What really matters is that each of us is helped to meet the Lord in our own way.

'In the beginning was the Word'

— John 1:1



Sacred Spaces for Personal Prayer



The 'Taize Room' with its beautiful rose window and quiet ambience is a perfect place to sit and spend some time with the Lord in prayer.

Reflective music and the soft candlelight help to create an atmosphere in which we can relax in the Lord's presence.

Other rooms may also be available for quiet personal prayer around a creative sacred space.



Praying with Scripture

Six useful hints to try at home:

- Pick** a passage of Scripture, have it marked and ready.
- Place** go somewhere you can be alone and uninhibited.
- Posture** try to become relaxed and peaceful to foster harmony in body, mind and spirit.
- Presence** become aware of the fact that you are in the company of God who loves you without limits.
- Passage** read it slowly aloud and listen carefully and peacefully to it.... pause.... listen to your heart. Pause at words you are drawn to. Try to relax and try not to look for lessons or profound insights. Be content to be like a child who climbs into a caring person's lap and listens to a story. During the prayer, especially before the end, chat with God in your own way.
- Review** this will help you to notice how God may have helped you or spoken to your heart during the prayer time.

*'Pray as you can and not as you can't.
Take yourself as you find yourself;
start from that'*

— Dom Chapman

