

## All Saints : All Souls – prayerful preparation

Ephesians 3:14-21

*A prayer that the faithful may know the love of Christ.*

This is what I pray,  
kneeling before the Father,  
from whom every family,  
whether spiritual or natural, takes its name:

Out of his infinite glory,  
may he give you the power through his Spirit  
for your hidden self to grow strong,  
so that Christ may live in your hearts through faith,  
and then, planted in love and built on love,  
you will with all the saints  
have strength to grasp the breadth and the length,  
the height and the depth;  
until, knowing the love of Christ,  
which is beyond all knowledge,  
you are filled with the utter fullness of God.

Glory be to him whose power, working in us,  
can do infinitely more than we can ask or imagine;  
glory be to him from generation to generation  
in the Church and in Christ Jesus  
for ever and ever.

Amen.

## Prayer prompts

1. “Hidden self to grow strong”, writes St Paul. Do you have a hidden self? A self that is not yet fully formed? Do you see yourself as a soul that is being readied for living in the abundance of God’s love in eternity? How might God be asking you to grow?
2. As one part of the Communion of saints how do you see the souls of your loved ones who no longer exist in our world? Imagine one of your loved ones, loved by God for all eternity, now knowing the length, the height and the depths of God’s love, better than they ever did whilst still alive? Imagine them in the care of this God that Jesus revealed. Talk to God about this person and listen to God’s response to you.
3. Make a list of your favourite Saints and meditate on their virtues. Are you called to imitate their virtues in your daily life? Can you commit to asking God for the grace to do so?
4. If, like most of us, you find it hard to accept and pass on God’s unconditional love at times, could this be because you find it hard not to be judgemental and hard on yourself and others? Talk to God about the graces you need to enable you to become a better lover.