

## Prayerful preparation for Palm Sunday : Year A

Set aside a prayer time and begin by relaxing and coming to stillness.

Read the Gospel, preferably aloud and slowly, paying attention to any words that stand out for you. Stay with those words for a few minutes and wait to see if God is present to you.

**Matthew 21:1-11, extracts.**

*Blessings on him who comes in the name of the Lord!*

When they drew near to Jerusalem.

The disciples went and did as Jesus had directed them;  
They brought the ass and the colt, and put their garments on them, and he sat thereon.

Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road.

And the crowds that went before him and that followed him shouted, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!'

And when he entered Jerusalem, ...

all the city was stirred, saying, 'Who is this?'

And the crowds said, 'This is the prophet Jesus from Nazareth of Galilee.'

## Augustinian Prayer

A style of prayer for the imaginative and creative temperament.

The aim of this type of prayer is to focus on a biblical scene, become part of that scene and then draw some practical fruit for our life today.

To be effective, Augustinian prayer should consist of a dialogue between God and oneself. The first four steps of *Lectio Divina* help this along.

1. Listen attentively to what God is telling us in the Scripture; read between the lines to seek out meaning. ,
2. Reflect prayerfully on the meaning and try to apply this eternal wisdom to our situation today.
3. Next, we respond in dialogue with God sharing personal feelings.
4. Finally, we remain quiet and still in order to be open to any new insights that come to us.

Ikons, statues, art, beautiful objects will also help this temperament in prayer.

## Contemplative Reflection

Enter into the scene. See yourself in the crowd.

Hear their excitement.

Listen as you hear Jesus proclaimed the Son of David.

How do you respond to His approach? Are you ...  
excited ... confused ... afraid ... longing ... hope ...  
doubt ... expectation?

How do you react? ... Do you join in or withdraw?

As Jesus passes, focus on His face and pay attention  
to his face and expression. What does this moment  
mean to Jesus?

Someone asks you, "Who is this?" How do you  
respond?

When you are ready to complete your prayer, end  
with a Hail Mary and Our Father.