



Prayer Isaiah 43

You have decided on the place, the time of the meeting, the duration.

1

Let's prepare

Sit well, breathe deeply,
Make a gesture of entering into a relationship,
Speak to the Lord in response to his question: "How are you?" "

Read the text for the first time

Isaiah 43:1-4

1 But now, this is what the Lord says - he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

2 When you pass through the waters, I will be with you;
and when you pass through the rivers, they will not sweep over you.

When you walk through the fire, you will not be burned; the flames will not set you ablaze.

3 For I am the Lord your God, the Holy One of Israel, your Savior;
I give Egypt for your ransom, Cush and Seba in your stead.

4 Since you are precious and honored in my sight, and because I love you,
I will give people in exchange for you, nations in exchange for your life.

Remember the story: tell yourself the story or the text I'm going to meditate on and let an image come.

Read the story a second time

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3 For I am the Lord your God, the Holy One of Israel, your Savior;
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Asking for a grace

Give me to let myself be loved by you.

2

Meditate

- Stay in priority where the heart and intelligence are attracted.
- Take the suggested avenues.
- Focus on each of these declarations of love that God gives us. Stay there as long as I want.

First track

"This is what the Lord says "

Listen to this word. Take a leap of faith: yes, I believe this text is addressed to me.

Second track

"Your creator"

Hear this word. She tells me that God is the source of my life. All my life, all that I am. Understand that this is good news for me: I am desired by the heart of God since he created me.

Third track

"Do not fear"

Let this phrase resonate, which sounds 265 times in the Bible. God knows there can be fears in us. Talk to God about your fears. And on each one, listen to God who says to you: "Do not be afraid".

Quatrième piste

"Do not be afraid"

Feel all the dignity of every human being that is contained in this call. We are called to life, called to know God, called to live with his life. What dignity! For all, all, for me. Let God tell me how much he esteems me. Saying my first name several times and really realizing that God calls me by my first name because he wants a relationship of friendship with me.

Fifth track

"You are mine"

It may be difficult to hear this sentence, however. But to belong to God is to belong to love, to belong to a love which does not imprison but liberates. Taste this sentence like the words of a love: I am yours, you are mine.

Sixième piste

"You are mine"

Listen to the promise that is made: I will be with you. Remember the moments in my life when I realized that he was with me. Lean on that, to have confidence in the future. "I am with you forever" says Jesus in Mt 28/20.

Seventh track

"For I am the Lord ... Since you are precious and honored in my sight, and because I love you"

The reason for all this is God himself, the reason for his heart. He wanted to love me. It's his choice and I can't change it! Let these fabulous words resonate: I matter in the eyes of God, I have value in his eyes. Let this declaration of love that God gives me resound in me. He said to me: "I love you".



PRAYER

PRAYING WITH SCRIPTURE

3

Speak

Based on what I watched and listened to, what do I want to say to God? Admiration, thank you, praise, request, forgiveness, question, etc.

End with an Our Father and a gesture.