

You have searched me, Lord,
and you know me.

You know when I sit and when I rise;
you perceive my thoughts from afar.

You discern my going out and my lying down;
you are familiar with all my ways.

For you created my inmost being;
you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

Psalm: 139:1-3, 13

Jesus, my King, what are you saying to me?

"**Deep within his conscience** man discovers a law which he has not laid upon himself but which he must obey. **Its voice**, ever calling him to **love** and to do what is **good** and to **avoid evil**, sounds in his heart **at the right moment**. . . . For man has in his heart a law inscribed by God. . . . **His conscience is man's most secret core and his sanctuary.**
There he is alone with God whose voice echoes in his depths."

*Catechism 1776
Gaudium et Spes 16*

When he listens to his conscience, **the prudent man can hear God speaking.**

Catechism 1777

Normally

1. **Calm yourself**
 2. **Block out distractions**
 3. **Disposition -**
Focus Your Attention on God in your Soul
 4. **Beg and then be silent and still.**
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In the Chapel

1. **Calm before visiting**
2. **Block out distractions**
3. **Disposition -**
Supreme Reverence
4. **Focus on Jesus**

Eyes, Posture, Mind, and Heart... Jesus.