



Did you ever have a treasure box? What did you keep in it? Jewelry? Letters? Photos? Favorite recipes? Lucky pennies? Odds and Ends?

How about a “**Happy Memory**” treasure box! Have you one of them? I’m sure we all have happy memories stored away in a hidden box waiting to be opened! Why not bring them out and enjoy them once again?

Memories are a rich source of **prayer**. God was present with us when these events took place. Perhaps we were not aware of His presence at the time, but He was there. All the experiences of our lives are in the **mind** of God. In prayer we have the opportunity to be with God and re-live happy times in our lives.

In the past, perhaps, we were so involved in the joy of the occasion that we did not remember to thank God for his blessing. And, since there is **no** past time with God, we can express our gratitude for all those happy events **now**.

My dad often said to us when we were children, “**God helps those who help themselves.**” So, on days when you feel sad, depressed, bored, or frustrated, help yourself to a **Happy Memory Prayer**. If you would like to try this type of prayer, follow the steps below.

#### **How to pray a Happy Memory Prayer:**

1. Close your eyes, take a few deep breaths focusing on your breathing, slowing it down, then make a conscious effort to be **aware** of God's presence within and around you.
2. Ask God for the grace you desire from this prayer: greater **gratitude** for the good things in your life **now** or a greater appreciation of God's activity in your life in the past.
3. Be very quiet in God's presence and **let** Him bring to your mind the memory you will share. Let **God** take the **lead**; let him decide what **memory** will be the subject of your prayer time together. Just be patient until something comes to mind. You may be surprised!
4. **Look** at the event **slowly**, turning it over in your mind and **feeling** again the happiness it brought you in the past. Let this event become **alive** for you as you become aware that God and you were both active in this event.
5. Talk to God about how you feel **now** about this memory. **Thank** him for this event, for the happiness of the past and the joy you now feel as you **relive** this experience.
6. Close your prayer by thanking God for happy memories.

**In summary:** Close your eyes – focus on your breathing –ask God to bring memory to mind – relive it – talk to God about it – thank him.

If you interested in trying this form of prayer, why not run off a **copy** of these steps or put it in on your **cell phone** to help you remember the steps.