

**Discussion Questions for March:  
The Ways of Mental Prayer (D.V. Lehodey)  
[pages 60-162]**

1. *p. 60* Why should we avoid judging our state of prayer based on “feelings”?
2. *p. 61* Define “devotion,” as Lehodey describes it, in your own words.
3. *pp. 62-69* What is meant by “consolation” and “desolation”? What can be the sources of each of them?
4. *pp. 71-82, with nice summary beginning in first full paragraph on p. 81* Whether in consolation or in desolation, how should a person proceed in prayer? Can you share practical examples of this from your own experience?
5. Lehodey notes on *page 78* that “desolations are the most favourable soil for the growth of humility, detachment, and other solid virtues.” Reflect upon and discuss times in your life when you have encountered spiritual desolation, and can look back on it later and see the growth God has brought from it.
6. *pp. 85-88* Describe in your own words what meditation or mental prayer is.
7. *pp. 88-91* Beginning on page 88, Lehodey notes that meditation is comprised of three basic parts; briefly summarize each of these:
  - a. Preparation
  - b. “Body” of the meditation
  - c. Conclusion
8. Following the teaching on method for meditation, Lehodey notes on *page 96* that “it is as much an illusion to despise method as to be enslaved to it.” Discuss ways to use Lehodey’s teaching as a guide, but also transition to letting the Lord take over in your mental prayer as you practice it more and more.
9. *pp. 115-117* Citing the methods taught by St. Ignatius of Loyola and St. Francis de Sales, Lehodey suggests an alternate technique for entering into meditation, relying heavily upon the imagination. Have you found this approach to be helpful in your own prayer? The group may wish to discuss how each method can be helpful to different individuals.
10. *pp. 118-162* For the remainder of the reading, Lehodey expands upon his instructions for meditation. Have you found any of his more in-depth reflections helpful in your private prayer?
11. Did any particular “method” or explanation from the reading stand out to you as being most helpful or insightful?