**St. Ignatius on the Importance of Preparing for Prayer**

In his “Spiritual Exercises,” St. Ignatius of Loyola recommends “before all contemplations and meditations, there ought always to be made the preparatory prayer.:” Before prayer, Ignatius directs, ask for God’s grace that your every intention and action be directed purely to the service and praise of His Divine Majesty. Know who you have come to meet in prayer; don’t drift in, blithely insensible of conditions. Know that this time of prayer depends not on you, but on God.